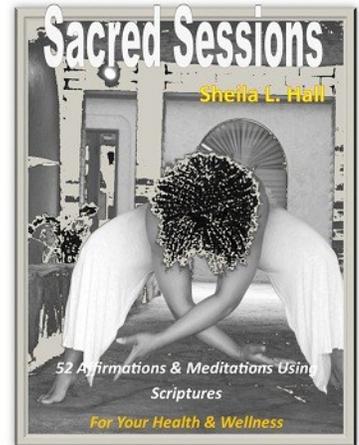
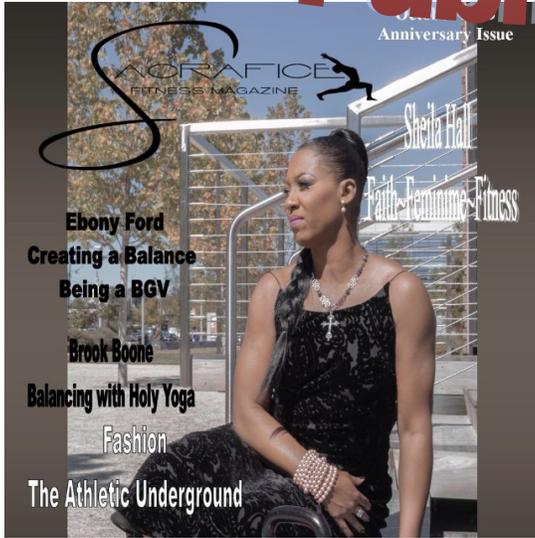
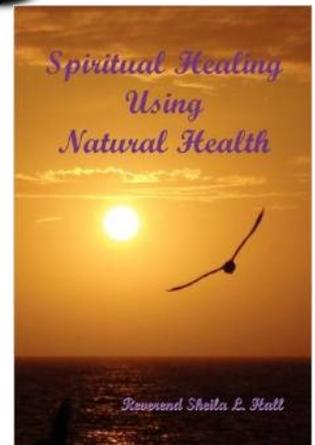
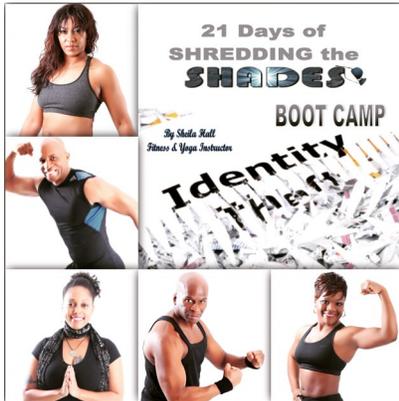


Bio~Publications~Media



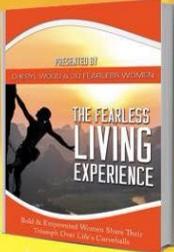
SHADES



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Meet the Founder of Sacrifice Fitness Magazine and Producer of SHADES Reality TV, Sheila Lavonne Hall



Contact Information:

Website: Shadesrealitytv.com

YogaFitt.com

Email: Shadesrealitytv@gmail.com

Sheilah@holyyoga.net

Sheila Lavone Hall is a holistic health and wellness practitioner. She is a graduate of Morgan State University and has a B.S. in Medical Technology and Masters in Healthcare Administration, a certified Reflexologist, Reiki practitioner and a certification in essential oil therapy. Sheila is also a certified Revelation Wellness Fitness Instructor (www.revelationwellness.org) where she previously worked as the Director of Administration and Donor Communications. She is also a certified Master Holy Yoga Instructor (www.holyyogafoundation.net) specializing in Yoga Therapy.

Sheila uses her health and fitness initiatives to do outreach projects such as participating in the Rim to Him Grand Canyon Hike for charity and HopeFest 2012.

Being a writer for publications such as Faith and Fitness Magazine and Revelation Wellness, Sheila released her first published book, "Spiritual Healing using Natural Health" in which she references the natural practices that we can do to keep ourselves not just physically healthy but spiritual healthy as it is referenced in the Bible. Sheila is also the Owner and Editor of **Sacrifice Fitness Magazine**, a Christian Fitness Magazine and website that's true to being healthy and whole in mind, body and spirit, provides information on leaders and influencers in the Christian community about what their personal health practices, information on nutrition, workouts, inspirational stories and how others are doing outreach practices to lift up and or provide for others. She is also the founder and producer of SHADES Reality TV, www.shadesrealitytv.com, which is an online fitness, health and wellness reality show, and creator of Shredding the SHADES Boot camp.

Sheila gives great praise for to have been blessed to be the first Holy Yoga instructor for the One Luv Gospel Cruise in 2011 and 2012. Sheila Hall has appeared on various shows and tours with the likes of Yolanda Adams Health and Wellness tour, BeBe & CeCe Winans, Kirk Franklin, Byron Cage, Marvin Sapp and Tyler Perry to name a few and a guest on The Steve Harvey's Morning Radio Show, and Radio One.



Photos by Karl House



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