



Female Empowerment Through Movement A Motivational Workshop

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Instructor Profiles

Burst! creators Dr. Blessyl Buan and Carmen Puyo say that by emphasizing the importance of the mind-body connection, women will be able to release their inhibitions and boost their self-confidence. **Burst!** was featured on **Breakfast Television**.



Dr. Blessyl Buan

The Chiropractor

Dr. Blessyl Buan has an Honours Bachelor degree in Kinesiology (McMaster University) and graduated from

the Canadian Memorial Chiropractic College (CMCC). She practices at Healthworks Wellness Centre in Toronto. Also being certified in Contemporary Medical Acupuncture, Active Release Techniques® and Stott® Pilates, Dr. Blessyl works with performing artists and athletes in addition to her general practice.

The Performing Artist



Dr. Blessyl has acted and danced professionally and is a member of Dance Ontario, an apprentice of the Alliance of Canadian Cinema, Television And Radio Artists (ACTRA), as well as a member of Can-Fit-Pro. She has offered

workshops to stage actors on injury prevention at the Equity Showcase Theatre.

Freelance Writer and Speaker

Dr. Blessyl was featured in Canadian Chiropractor Magazine in her article, "Understanding the Performing Artist: Tips from a Dancing Chiropractor" and has a blog called "Ask Dr. Blessyl". She is available for wellness and **Burst!** workshops.

The Pilates Instructor



In 2002, Dr. Blessyl created **choreograFIT, The choreographed solution to Fitness!** She taught Hip Hop dance classes in Toronto. She was featured in the Scarborough Mirror. Since 2005, she has been teaching Pilates and empowering women about how important posture is in bringing out their "Inner Queen". She is an Ambassador for Playtex Sport.

"Posture is your Business Card"

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Carmen Puyo

"Growing up as an over weight girl I developed a low self esteem," says Carmen Puyo. "As an adult I learned the importance of wellness and now I feel that it is my duty to spread the word. A workshop like Burst! can help girls and women feel good about who they are." she says.



The Fitness Guru

Carmen Puyo began her career as a group exercise instructor 10 years ago. She has been an instructor and personal trainer the past nine years and a Group Exercise Manager for the past four years, overseeing two Bally Total Fitness clubs in Toronto (currently Extreme Fitness). In 1998, Carmen was awarded "Instructor of the Year" and in 2003 she was awarded "Group Exercise Manager of the Year".

In March of 2004, in an effort to help women achieve self-acceptance and strength, she created, *"Cardioerotica: Explore The Inner you"* and introduced it to the Toronto market. *Cardioerotica* has been featured on Global News and in Eye Weekly Magazine. What she teaches is more than taking your clothes off. It is about finding yourself and building your confidence!

The Ambassador

Currently, she is an Event Coordinator for the Breast Cancer Foundation and an Ambassador for Extreme Fitness, Playtex Sport.

"Sexy is not a look. It's an attitude"

Carmen believes that being sexy has very little to do with your physical appearance, but is more about an attitude and vibe that you exude - If you feel sexy, you are sexy.



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