



## Female Empowerment Through Movement A Motivational Workshop

### **NO SCALPEL REQUIRED. BURST! DELIVERS FEMALE EMPOWERMENT THROUGH MOVEMENT**

Unleash your inner Diva with BURST!, a motivational, two-in-one workshop that empowers women through movement.

#### **Pilates for your Inner Queen**



In part one, Dr. Blessyl Buan teaches "Posture is Your Business Card". Women will learn how to LOOK CONFIDENT and to reveal their Inner Queen through Pilates exercises. In just 30 minutes, Dr. Blessyl's cueing and imagery enables women to exude a Queenly presence.

#### **Skip, Shimmy & Undulate!**



In part two, Carmen Puyo teaches "Skip, Shimmy and Undulate!" Women will learn that "Sexy is not a look. It's an Attitude". Through Carmen's sensual choreography, women will FEEL CONFIDENT with their bodies.

Book this new, groundbreaking workshop that addresses the female spirit.

**Burst! To your full potential.**

[www.burstnow.com](http://www.burstnow.com)

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