

Burst! to your full potential.

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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, DC 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.



Female Empowerment Through Movement



Dr. Blessyl's Top 3 Confidence Tips

1. "Posture is your Business Card."

Your posture is the strongest non-verbal cue that reveals your confidence when making a first impression.

Stand tall, keep your shoulders back and smile.

Confidence is your most valuable accessory.

Practice good posture and you'll always get what you want.

2. Bring out your "Inner Queen"

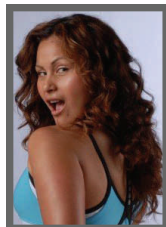
Imagine that a crown sits nicely on top of your head. If you look down, the crown will fall forward and you'll look insecure. If you look up, the crown will fall backwards and you will look like a snob.

Keep your crown steady on top of your head and you'll create a "queenly" appearance. With an elongated neck and broad shoulders, you'll look better in your clothes and you'll make a **KNOCK OUT** first impression.

3 "To Do" Lists are not your enemy

One way to alleviate your stress is to write multiple lists. Realize that we do not live in a bubble free from life's interruptions. Really long lists can be divided into four headings:

- What I must do TODAY
- What I must do this week
- Short term goals (1 month)
- Long term goals (1 yr +)



Carmen's Top 3 Sexy Tips

1. "Sexy is not a look it's an attitude"

Sexy is much more than your physical appearance. The accomplishments that you set for yourself and attain are sexy. There is nothing sexier than a woman who does what she says she is going to do. Write your dreams and your goals down, look at them, and make them a reality.

2. Spoil Yourself

Buy yourself something nice and wear it with pride! If you are on a budget, try this:

1. Look in your closet and pick outfits that make you feel sexy.
2. Make a play list of songs that you love and play it.
3. Do a fashion show. Have a great time. Walk in that room and unleash the diva inside!

3. My Sexy Song List

Dance like nobody's watching

"Feeling Good" -Michael Buble

"Kiss" -Prince

"Moulin Rouge"- Missy, Christina remix

"Hanky Panky" Madonna

"Girls just wanna have fun" - Cyndi Lauper

"I'm coming out" -Diana Ross