



## Female Empowerment Through Movement A Motivational Workshop

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### NEWS RELEASE

FOR IMMEDIATE RELEASE

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

April 18, 2007, Toronto ON- Unleash your inner Diva with BURST!, a motivational, workshop that empowers women through movement. Chiropractor Dr. Blessyl Buan will teach women how to LOOK confident with "Pilates for the Soul," while fitness expert Carmen Puyo will teach women how to FEEL confident with her sexy moves class "Skip, Shimmy and Undulate."

"Girl Power isn't just for tweens anymore," says Dr. Blessyl Buan. "Burst! will give women of all ages, shapes and sizes the confidence they need to take hold of their inner strength and reflect it in their outer beauty," she says.

Busy careers and family lives leave many women feeling overworked and their sense of self is the first thing to be neglected.

BURST! will allow women to build self-esteem and create a positive self image by teaching good posture, breathing techniques, injury prevention and sexy choreography. Organizers say by emphasizing the importance of the mind-body connection, participants will be able to release their inhibitions and boost confidence.

"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.

Let Dr. Blessyl Buan and Carmen Puyo help you feel good about who YOU are. Rejuvenate your soul and BURST! to your full potential!

**WHAT:** BURST! Motivational Workshop

**WHEN:** *Thursday, May 31, 2007 at 7:00pm*

**WHERE:** *Stretch Fitness Boutique, 194 Bloor Street West (Second Floor).*

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For interviews with Dr. Blessyl Buan or Carmen Puyo, e-mail [info@burstnow.com](mailto:info@burstnow.com)  
For more information, visit: [www.burstnow.com](http://www.burstnow.com)