

# *Finally!*

## The Hip Toolkit Workshop



Join us on Saturday November 9 from 8:30am - 10:30am for the first of our mind-body workshops dedicated to The Hips.

Yes, you know that pain. The limitations, the aches and strains. But the hips are so much more than that - they hold our stress, our emotions and our habits.

Liam Van Reisen and Chantell Lamondin will be leading a small and intimate group designed to enhance mind-body connection through awareness, hip mobility and strength through targeted exercises and techniques that you can do at home. We are only registering a max of 10 people for this session. The simple equipment necessary has been sourced at cost as an option for you to purchase if you do not already own it.

Participants will learn effective strategies to improve overall function and reduce the risk of injury and inflammation using mind-body techniques, natural homeopathic supports and a simple done-for-you routine. This workshop is suitable for everyone at all levels of fitness.

**When: Saturday November 9 from 8:30am - 10:30am**  
**Where: Prism Healing Centre 478 Elizabeth St. Burlington, ON**

To Register please email: [hello@prismhealingcentre.com](mailto:hello@prismhealingcentre.com) or call (905) 333-5515.

**Workshop Cost: \$65.00 +HST**

Optional Equipment Cost: \$37.00 (at-cost all inclusive price that includes small foam roller and therapy ball)



Liam is a Level 4 Certified Personal Trainer at GoodLife Fitness at the Burlington Centre location. He specializes in body awareness by creating more movement efficiency and pain free performance. He has a special interest in biomechanics and utilizes his knowledge to help clients move better and help them develop deeper connections to their bodies.



Chantell is a registered Homeopath and has over 25 years in health and wellness. She is the owner of the Prism Healing Centre and specializes in mind-body connection, natural healing and the energetic mechanics to release stress.