



## MIND BODY FUSION – Lisa Westlake

*Let's open our creative minds and spirits by uniting a variety of mind body styles into one flowing program. Explore the potential of blending pilates, yoga, therapy, musical inspiration and more, plus freedom of movement and flow to create your unique mind body fusion class.*

*Workshop ways we can draw on our personal experiences, skills, and preferences to provide a mind body class that offers variety and the ability to focus on strength, stretch, balance, breath and relaxation according to your instinct and inspiration on the day.*

*This session is suitable for anyone who has **ever** OR **never** done a mind body class, and you don't have to be a qualified pilates or yoga instructor to join this session.*

Lisa combines her qualifications as a physiotherapist and fitness professional to provide a range of health and fitness programs.

She is a highly regarded fitness educator, author and presenter and has been honoured with many awards including Australian fitness Network's "fitness professional of the year", "Presenter of the year", "Author of the year", Fitness Australia's 2014 "Outstanding contribution to the Australian Fitness industry" and Australian Fitness Network's "Lifetime achievement award in 2016."

Lisa has created a range of unique classes and programs and is passionate about empowering instructors, participants and the community to understand and enjoy safe and appropriate exercise.



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