



## SERVICES PROVIDED – as of Apr. '09

### Personal Training:

- One-on-One PRIVATE training or Groups
- Individual Nutrition planning
- Indoors or Outdoors
- ANY fitness Level
- ANY type of goals
- Personal Lifestyle edits
- In-Home Visits (if required)

### Rehabilitation:

- Preventative Measures
- Post-injury
- Post-Affliction
- Will work with your current Therapist
- Post Therapist work
- NO ICBC claims
- Work at your own pace but strive for results

### REIKI:

- Rehabilitative Therapy
  - Physical
  - Mental
  - Psychological
  - Social
  - Anxiety
  - Depression
  - Revitalizing
  - Restful

### Sport Training:

- Team training
- On- or Off-season
- Cross-Train or Specific training
- Indoors or Outdoors
- Beginner to Advanced Levels

#### Workshops:

- Variety of Topics (you can choose your own as well)
- Educational Seminars
- Day-Long, Weekend or Week
- Will travel for Events outside Vancouver
- Personal or Business

#### Venue:

- Social/business gatherings
- Can accommodate up to 25 people
- Musician Jam-space
- Great acoustics
- Dance space

#### Corporate Wellness Programming

- Customized through work with HR staff
- For ANY sized company
- Will travel
- Event Planning
- Outdoor adventure programming

#### Public Speaking

- Health and Wellness topics
- Will Travel
- Schools and Businesses/organizations

#### Film & Television Programming

- Health and Wellness Topics
- Will write & Produce
- Ideas-man
- Will appear on Camera if needed