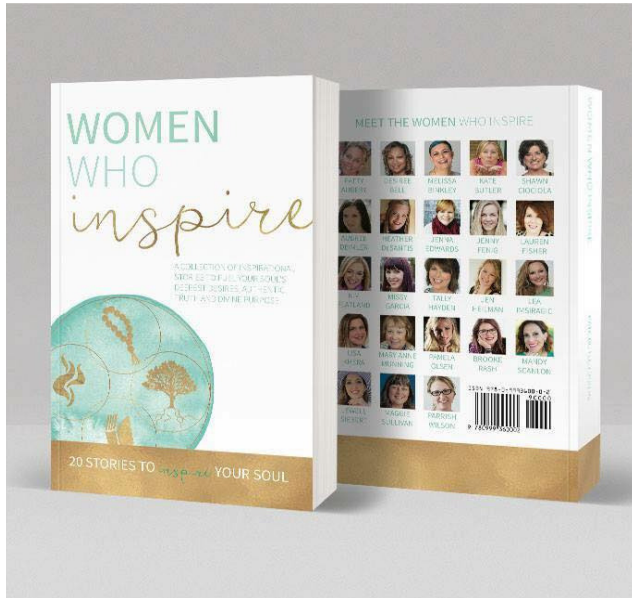


# LISA KHERA

INBALANCEPILATES.CA



## ABOUT LISA

Read Lisa's story in the best selling book "Women Who Inspire" about balancing being a mom, wife, studio owner and what happens when being resistant to change led her to a new path.

Lisa Khera is a certified STOTT PILATES, PiYo & Barre instructor in Ottawa, ON, who specializes in Matwork®, Reformer®, Cadillac®, Chair, Barrels® (Arc, Ladder, Spine Corrector®), and Injuries and Special Populations.

She went from chronic pain to pain free and strong with Pilates & focused Self Care. After suffering from a concussion in October 2016, Lisa continues to do things that allow her to be productive and creative and is an advocate for Brain injury awareness.

## IF YOUR AUDIENCE IS

- Women and men interested in improving their life by living with purpose and inspiring others to have a miracles mindset.
- Interested in Post-concussion and brain injury awareness.
- Interested in using Pilates and fitness to rehab chronic pain and injuries.
- Interested in becoming a best selling author and the steps it takes to get there.

## PILATES SESSIONS

- In studio or via Skype online Pilates sessions
- Online webinars, eBooks and support
- Premium Pilates support and accountability

## PILATES & YOGA STUDIO CONSULTING

- Strategize your sales and marketing plan
- Implement email launches within your business to free up your time with automation for your clients
- Set a plan in place with the help of Lisa's 11 years of experience running a Pilates studio

## SPEAKING ENGAGEMENTS

- Brain Injury awareness, Post-concussion, Posture for
- Confidence, From Chronic Pain to Pain free & strong,
- Creativity through injury & grief, Business Consulting

