



# 90-Minute Interactive Workshop with Lynne Scott of The Body Tonic Group

**YOUR TIME MATTERS!  
YOUR HEALTH MATTERS!**

Joining our 90- minute interactive workshop.

**ANSWERS YOU WILL BE LOOKING FOR...HOW DOES IT WORK? WHAT IS IT ABOUT & WHAT IS EXPECTED? HOW LONG DOES IT TAKE? WHAT DO WE LEARN & WHAT DO WE BRING ALONG WITH US TO THE WORKSHOP?**

### **What to expect on the day & the skills you will learn:**

**Reduce temporary or chronic musculoskeletal issues** that prevent you from performing even low-level physical activities without experiencing pain. **Address impairments and reduce joint dysfunctions** that cause stress levels to rise. **Address imbalances and increase mobility.** Learn self-myofascial release techniques, specific stretching and strengthening exercises. Learn to correct muscle and soft tissue limitations.

**Take control of your body. Balance work | Life | Health.** Gain practical, **valuable tips & great health principles.** **Reduce pain points. Prevent injury.** Move more efficiently; **increase strength.** Work around old injuries. Learn to do effective moves to **better your functionality and mobility.** **Release stress & tension. Understand how to do easy, moves to increase strength.** Learn mind-to-body connection to increase output, to gain optimum results.

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**WE HELP REDUCE PAIN POINTS, INCREASE FUNCTIONALITY & AGILITY, TO ENABLE YOU TO ENJOY BETTER DAILY LIVING!**

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**WE PUT THE WORD 'FUN' INTO EXERCISE!**

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- Duration is 90 minutes. Arrival 15 minutes prior .
- Choose an overall health & wellness workshop, covering various health concerns or choose a specific topic. Decide which workshop you wish to attend
- Book in by confirming via email and requesting a registration form. Fill in the forms and return them completed to Lynne Scott
- Fill in the medical form completely; this is to ensure that we are working according to your needs on the day, ensuring your safety
- Payment information & details are on the registration form, including what to bring and wear on the day
- Once you have joined, filled the forms in, booked your place with payment, we will then send you a confirmation via email with the dates of the interactive workshop/s that you are attending. It is accepted that you arrive 15 minutes before the workshop begins and to take a seat

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**FITNESS  
DREAMS CAN  
BECOME  
GOALS –  
CONSISTENCY  
WITH YOUR  
EXERCISE IS  
KEY!**



## **On the day of the 90-minute interactive workshop...**

**We get straight into addressing your health concerns, without any long speeches. We focus on your questions and help you to find practical solutions, through correct exercises and techniques. We support and help you to achieve optimum results and the right answers to what you are looking for. We will show you movements that you can do at home to help you get stronger, addressing your needs.**

1. Take away knowledge on how to do exercises properly and the reasons why we do certain movements, to support the improvement of the body. Take control of your body and to help maintain good balance. Relax the mind, which also supports the prevention of Dementia and other brain diseases.
2. Be shown movements that strengthen many muscle groups and be taught how to increase your flexibility. (This is an aid to enable you to move more efficiently and with the correct technique, to give you optimum results to a healthier and stronger body and a calmer mind).
3. Learn to hold yourself in the right position with certain exercises, learning to use certain regions of the body, you may not have thought of when doing certain moves to attain good results. What you learn will also help to give you a chance to heal should you have an injury and wish to strengthen.
4. The exercises are easy, effective and great to build on as you grow in strength from being consistent with your movements in your own personal capacity.
5. Lynne will demonstrate movements and guide you on how to execute the exercises she shares, correctly guiding you, on how you can increase your strength, working your body to support a stronger core and pelvic floor muscles or other regions of the body to increase better daily living. (Back, hips, knees, shoulders, glute, legs).
6. You will be taught to think about the exercises you are doing with Lynne, learning to making mind-to-body connection – which increases output by up to 22%.
7. You will be learning to move the hips, feet, legs, or any other regions of the body into a position suited to you and your personal needs. You will learn exercises that support and prevent pain trigger points and increase agility.
8. Exercises will be demonstrated that you can do in a day or week, with minimal fuss and with little time taken, or to work around your personal activities and daily life events, as well as at the workplace.

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**MOTIVATION  
COMES FROM  
SEEING  
POSITIVE  
CHANGES!**



**FEEL FREE TO CONNECT BY SENDING US AN EMAIL, REQUESTING A JOINING FORM. THIS WILL HAVE ALL THE INFORMATION THAT YOU NEED TO KNOW ON HOW TO ATTEND AND WHAT TO EXPECT.**

**WE WELCOME YOU JOINING US!**

**RECEIVE FREE GIFTS IN A GOODIE BAG. RECEIVE A FREE MANUAL LYNNE SCOTT HAS WRITTEN, TO SUPPORT YOU WITH YOUR EXERCISE AND WELLNESS JOURNEY.**

**LYNNE SCOTT'S INFORMATION AND MATERIAL, WILL BE AN AID TOWARDS INCREASED BETTER HEALTH, TO HELP YOU WITH GOOD DAILY LIVING.**

**LISTED BELOW ARE TOPICS TO CHOOSE FROM AND WAYS YOU CAN ADDRESS YOUR HEALTH CONCERNS.**

**GOING FORWARD IN CORE STRENGTH,**

**Lynne Scott**

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<http://www.thebodytonicgroup.com>**



**A GOOD  
WORKOUT  
OR SPECIFIC  
EXERCISE, IS  
A SMALL  
DAILY  
CHOICE -  
YOU OWN  
THIS AND  
CAN-DO IT!**

**CHOOSE AND BOOK IN FOR AN OVERALL HEALTH & WELLNESS WORKSHOP, WHICH COVERS A VARIETY OF HEALTH CONCERNS**

**OR**

**BELOW ARE FOUR TOPICS TO CHOOSE FROM THAT YOU ARE WELCOME TO BOOK IN FOR**

**TOPIC 1:**

**IMPROVING BALANCE AND INCREASING BETTER POSTURE**

**TOPIC 2:**

**INCREASING STRENGTH. IMPROVING FLEXIBILITY**

**TOPIC 3:**

**STRENGTHENING THE CORE & PELVIC FLOOR MUSCLES**

**TOPIC 4:**

**STRENGTHENING THE UPPER/ LOWER BACK AND SHOULDERS**

**TOPIC 5:**

**STRENGTHENING THE HIPS, KNEES, GLUTE**

**ALL TOPICS WILL ADDRESS REDUCEING PAIN TRIGGER POINTS, WORKING AROUND ANY OLD OR NEW INJURIES YOU MAY HAVE.**

**LYNNE SCOTT**

*Your*

**\*\*Movement  
Specialist & Fitness  
Trainer (Reps.  
Registered)**

**\*\*The Biomechanics  
Method Corrective  
Exercise Specialist**

**\*\*Pelvic Floor & Core  
Certified**

**\*\*Advanced Sports &  
Remedial Massage  
Certified**

**\*\*Author & Writer of  
Support Material and  
Books Online. Social  
Media Platforms**

**Meaning of the ‘Body Tonic’:**

**To increase body tone, invigorate, enliven. Intended to improve and strengthen the functioning of the body, to increase the feeling of wellbeing, serving to stimulate mental, physical and emotional vigor.**

