



Shelbourne
PHYSICAL THERAPY
Health Solutions

Please help us Welcome Donna Gee to our Team!

Donna Gee graduated in 1985 from the University of Saskatchewan with a Bachelor of Science Degree in Physical Therapy. After graduation Donna worked in Regina at the Wascana Rehabilitation Centre where she dealt largely with musculoskeletal dysfunctions.

Donna moved to Hong Kong in 1991 and remained there until she moved to Victoria in 2009. While in Hong Kong, Donna worked in a variety of outpatient clinical settings with a special interest in the treatment of sacro-iliac dysfunctions. This interest later led to her specialization in posture and core stability. Donna has taught core stability to clients as young as 8 years old up to 80 years old. Donna is a trained BET Instructor as well as a Certified Pilates Instructor.

Donna experienced first hand the value of core stability with her 3rd and 4th pregnancy as well as recovering from knee and lower back injuries. One of her greatest passions is working with mothers, both pre and post natal.

While in Asia, Donna's desire to learn more about other methods of healing led her to study Traditional Chinese Medicine, Acupuncture, Chi Gong, Integrative Manual Therapy, Applied Kinesiology, Reiki, Skenar Therapy, Yuen Method, Biogenesis and Matrix Energetics.

Donna's philosophy is that wellness is achieved by bringing the body, mind and spirit into balance with each other.

Please check the website for upcoming Foundations Classes
www.shelbournephysio.ca

This Class offers participants an introduction to Reformer or Mat Work, it is mandatory before joining group class. You will review the STOTT PILATES 5 Basic Principles and learn essential exercises to establish core strength, stability and body awareness.
(Twice a week for an 8 week sessions)

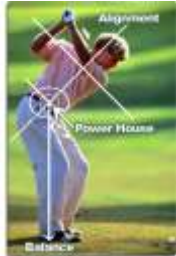


PUNCH CARDS

Are you finding it hard to commit to a regular class?

Purchase a Punch card!

You can buy 5 to 8 classes in either the Reformer Combo classes or the Core/Fusion/Yoga Classes with a 6 months expiry!



Pilates for Golfers on the Reformers Is BACK!

Mon. & Wed. at 4pm
With Debby Pietraszek
Starting January 3rd

This class builds strength while increasing stability, balance and core strength all key ingredients to improving your game!

POWER MAT
With Kim Wilson
(Strong fitness level with 1 year Pilates experience)
Tuesday's and Thursday's at Noon

Yin Yoga
With Kim Wilson
(Any level)
Friday at 4pm

Go deeper in your practice with Yin Yoga by holding each pose for 5min. Yin allows us to feel the layers of mental, physical and emotional and how they are all one. By connecting these layers we come closer to our true selves, which makes us better to our friends, family, community and the whole.

Holiday Classes
With Jacqueline

Tuesday and Thursday
Dec 28th/30th

9am	Mat 1
10am	Reformer 2
11am	Reformer 1
12noon	Mat 2

\$14.00/class



Register by Dec 23rd

Yoga classes for Winter 2011

Monday
8:30 to 10am Flow Yoga 1
With Nicole Lakas

Tuesday
12 to 1pm Yin Yoga
With Kim Wilson

7-8pm Therapeutic Yoga
With Jessica LeGarff

Wednesday
9 to 10am Therapeutic Yoga 2
With Jessica LeGarff

Friday
8:30 to 10am Flow Yoga 1
With Nicole Lakas
12 to 1pm Restorative Yoga
With Jessica LeGarff

6 to 7pm Restorative Yoga
With Jessica LeGarff

Saturday
2 to 3pm Flow Yoga 2
With Jessica LeGarff

DATES FOR SESSIONS
January 3rd to February 26th
March 1st to May 1st

HOLIDAYS
Studio Closed
Dec 24th-26th/Dec 31st-Jan 2nd
April 22nd

THANK YOU to all our Shelbourne Pilates friends for your dedication and support to our studio.

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Any Suggestions or feedback please call or email your tips!