

# Holistic Physio

## INSTRUCTOR BIO

**Karen Chouinard, B.Sc.PT**

### PURPOSE

I inspire, guide, and empower others to find peace in their bodies and joy in their lives.

### PASSION

I love creating customized programs for clients drawing from a variety of healing disciplines. I enjoy working one-on-one with people and am passionate about helping those with long standing spinal issues and clients for whom traditional treatments have not fully resolved their symptoms. I believe intelligent focused exercise combined with energetic awareness is the best way to facilitate recovery, prevent injury, and maximize athletic performance.

### EDUCATION

I graduated the top of my class from the University of Alberta with a Bachelor of Science in Physical Therapy in 1992. Since then I have taken additional training in Matwork Pilates from Bodyworks Pilates Studio, Craniosacral Therapy and Somatoemotional Release from the Upledger Institute, Visceral Manipulation from the Barral Institute, Science of Medical Intuition with Caroline Myss and Norm Shealy, and Anatomical Acupuncture from Acupuncture Canada. I have worked in private practice and chronic pain settings.

### INTERESTS

I enjoy spending time with my two children, lifting weights, and playing hockey. I am a proud alumnus of the University of Alberta Panda Women's Hockey team.

### LEARN MORE

Follow me on Instagram at <http://instagram.com/karenjenniferholistichealing>

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