

Youth Physio-Yoga Class

My vision as a mother, physical therapist and senior yoga teacher is to teach breath control, simple meditation and adaptation of specific body postures (asana's) to promote strength, health, and relaxation.

In this class we will learn to build the foundation from the feet up with healthy alignment of the bones to prevent injury, pain and to engage proper muscles to hold oneself up in a lengthened, elongated position.

This attention to detail will strengthen the internal and external core muscles that will make movement more efficient. For example, if your teen slouches with rounded shoulders from all the desk and screen time they do on a daily basis the muscles on the front part of their chest get shortened and tight. This can cause breakdown and injury/pain in the neck, low back and shoulders. Another example is the hypermobile youth (some dancers). They often hyperextend their knees and low back, this eventually can lead to injury and pain.

Learning to properly stand on the four corners of the foot, following up to the four corners of the knee, up to a level pelvis builds the foundation for great posture, proper engagement of core muscles and prevention of injury. In class we move from a stable surface to more unstable in standing so this becomes part of one ones muscle

memory and awareness on a daily basis. This increased connection crosses over into other sports where one jumps are higher in dance and volleyball, slap shots are more powerful in hockey and in ball they have more power to hit home runs!



In youth it is a critical key time in their development to lay down bone mass for ones' life to prevent osteoporosis. With the loading of arms and legs with their own body weight in various asana's it will increase their bone density.

I see the need in my active teen daughters and their friends for a safe yoga class. I have been wanting to teach this class for years and this year scheduling allows it. Class size is limited to 14.

I hope this class, as in all the ones I teach, will be fun and engaging. That they will connect to their centre and make healthy life choices.

Because this class combines physical therapy education, instruction, and exercises combined with yoga, a physical therapy receipt is issued for classes attended.

Registration:
Phone 403.981.1991
www.sunshinephysio.com

Thursday's 4:00 to 5:15 pm in the old Healthy Hut downstairs

Ages 11-17

Walking distance from the Tri Schools

Please call or visit our website for class dates and prices.

Pre-payment is required and a physical therapy receipt is issued for dates attended.



About Denise

Denise knew she wanted to be a physiotherapist since high school. She has been passionate about her career ever since.

She believes that the patient is best served through collaboration with sports medicine doctors, orthopedic surgeons, family doctors and other allied health providers.

She obtained her combined physical therapy/physical education degrees from the University of Saskatchewan in 1996/1997. Denise worked in Saskatoon and then Calgary at the renowned Lindsay Park/Talisman Centre where she treated recreational athletes, National athletes and Pro athletes. At Sunshine Physio she continues to treat this array of athletes.

The majority of her early career was in the sports setting. This included working with local, National and International teams. The highlight of those experiences was traveling as the team physio for the Canadian Men's Rugby Team.

Denise has been involved in pursuing a level of excellence for her dear patients. In 1996, she obtained her Advanced Massage Therapy, in 1997 achieved her Personal Fitness and Lifestyle consultant, and in 2010 received her Diploma in Sports Physical Therapy. The diploma in sport medicine is the highest level awarded. This takes years of studying, course work and hands on work. She obtained perfect marks: presently there are a little over 100 physiotherapist's across Canada with this level of distinction. She has also achieved excellence in Orthopedic Studies through the Canadian Physiotherapy Association in Manual Therapy.

Denise suffered from a persistent, nagging pain for a couple of years in her right ovary. She found tremendous relief from Traditional Chinese Medicine, so in 2000 went to the University of Alberta to receive that designation from the renowned Dr. Steven Aung. In 2007 she took further courses in the use of acupuncture needles and obtained GUNN IMS (Intramuscular Stimulation).

After the birth of two large babies (10 pounds each), Denise took a variety of courses in women's health to treat pelvic floor weakness, incontinence and pain.

In 2010 Denise was in a massive head on collision where she suffered numerous injuries, including breaking her back and foot. She loves treating chronic pain in the spine. She has successfully returned to an active, mostly pain free lifestyle through physio and yoga. She shares her passion for these both at the clinic and through the classes she offers. The Physio-Yoga Fusion classes are designed to bridge the gap between physio treatments and to return to a higher function. She has been teaching classes on and off for over 20 years, changing and enhancing them as she develops as a student and teacher.



Denise Brochu

B.Sc. P.T., B.Sc. P.E., M.C.P.A.

***Physical Therapist
Diploma in Sport Physical Therapy
Kinesiologist
Massage Therapist
Injury Management Specialist
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Acupuncture, GUNN IMS,
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**For more information visit
www.sunshinephysio.com**

Youth Physio- Yoga



Balance
Promotes Strength
Coordination
Confidence
Alignment
Flexibility
Develops focus and concentration
Simple Meditation
Relaxation
Breath Control