

“They call it the change of life, the fact is it’s about what you look like, what you feel like and never losing your independence. To be a person of value and worth, it’s what being a woman is all about.” Dr. Theresa Nesbitt, OBGYN and Women’s Wellness Specialist.

In order to have a new look, we must look where we haven't looked before. It's not that what you have been doing is wrong: it's all perspective; we are always trying to improve.

If you are my age, in your 50s and feel like 70, tired of the workouts not working, the Kegels not holding back your pee, the chronic pain that's getting worse, increasing sexual difficulties and you want to avoid a future of pills, pads, surgery, more pointless workouts or prescribed Kegels?

Then this workshop is for you!

On the other hand, if you're my age, in your 50s and beyond, love spending hours in the gym or working out and the results it yields, feeling and functioning like you're a 20-year old already, then this workshop is NOT for you.

Dr. Theresa Nesbitt, OB/GYN calls the inner core the Corset, and the outer core the Coat.

The problem is that the inner core, Corset, has become loose and fails to tighten properly. It helps you hold your posture and organize your body, keeping things in and up so everything is in its place.

But, you have been duct taping your body together for many years, using only the outside muscles, to hold and organize your body, until you reboot and reclaim your bounce, youth and vitality, your Corset!

This workshop helps you understand the science of how our brain and body work together for optimal functioning and reclaim your shape by rebooting your nervous system.