

DORA BOUKOURIS

ASTRAL FITNESS

Dora Boukouris
Certified Personal Trainer
Certified Nutritional Counsellor

Just a little peek at who I am,

First most I am a single mom of 3 teenagers, a couple of cats and a puppy. I have a houseful to say the least, life is never boring. even with a busy household I make time for a healthy lifestyle of exercise, yoga, healthy meals and meditation

I have always lived a healthy lifestyle even as a teenager I kept active in sports and made healthy food choices. It only seemed natural that I would take this passion and help others with it

With over 20 years of personal, educational and work related experience, I work with each individual at their level to achieve personal fitness and lifestyle goals.

My keen interest and passion for health and fitness has taken me on a healing journey that has given me the knowledge, wisdom and tools to help others.

With a strong background in Personal Training, Fitness, Yoga instruction, Nutritional counselling and Energy Therapy, I am able to assist my clients in making appropriate and effective lifestyle choices.

I look forward to being part of the Astral Fitness team in assisting you to reach your goals while discovering your best self.

In fitness and in health,

Dora,

The moment is now, the power is YOU.

HIGHLIGHT OF QUALIFICATIONS

Personal Trainer with (YMCA, Can-Fit-Pro, Sports Performance Institute)

Program Design Certified – Paul Chek (C.H.E.K Institutes)

Bosu Ball Certified

Stability Ball Certified – Paul Chek

Neuromuscular Training (Reebok)

Certified Spinning Instructor (Reebok, YMCA)

Off-Season Spinning Instructor for NHL, Columbus Blue Jackets

Certified Nutritional Counselor (The Canadian School of Natural Nutrition)

Usui Reiki Master

Integrated Energy Therapist

Continuous Spiritual Development Training

Certified Yin Yoga Instructor

Over 20 years of practical and work experience

