



LEADING AUTHORITY IN PAIN-FREE LIVING, CONNI PONTURO CREATING NEW COURSE AMIDST HIGH DEMAND LAUNCHING SEPTEMBER 2022

Woodland Hills, CA – Leading authority in pain-free living, Conni Ponturo, has announced that she’s working on a course that follows the book — “***Listen: Watch what you say: your body is listening***” — which includes twelve weeks of discovery, tips, and tricks to allow you to become a better listener to your body. “We start by changing your words to describe your body and life. Each week you have a discovery and some practice, so in 12 weeks, your body and you will become best friends,” explained Ponturo.

“I am so excited about my passion and knowledge for creating a better sense of who you are within your body and what is holding you back,” added Ponturo. “As you release the mindset that keeps you stuck, you realize you are the creator of your healthy, vibrant, dynamic, and active life.”

“Living a pain-free ageless life is only possible when we understand the power of creating a harmonious connection with our mindset, emotions, and physical body.” The tools in “Listen: Watch what you say: your body is listening” will help you navigate the ups and downs of everyday life; the most important ones are mindset, movement, and meditation.

Video exercises are included to help execute changes in your body and readers will learn to lean into what their bodies are trying to tell them and to begin to value their pain. Pain is a gift, and it has something to tell you; you’ll learn to get comfortable listening and learning about your body in new ways.

“The most important work in our life is listening to our bodies and how they want to move, rest, be valued, and be respected,” said Ponturo. “Your words have power - watch what you say because your body is listening. Start to pay attention to the words you use to describe your body.”

For more tips and to work out virtually with Conni Ponturo, or for more information about Absolutely Grounded Pilates, visit Ponturos online at www.absolutelygrounded.com.

About Conni Ponturo: Conni Ponturo is a leading authority in pain-free living, which includes the power of creating a harmonious connection of mindset, emotions, and body. Respected for her unique approach to Transformational Movement that merges Pilates, meditation, and mindset, Conni Ponturo teaches her clients how to flourish at every stage and age of their life. Connect with Conni at www.absolutelygrounded.com.