

Body and Soul

by Dena Kent-Esbjerg



We have all been a little bit sedentary this year and find it hard to pull together the motivation to get off the couch and get moving, but for some people it is a struggle every day of every year. Aches and pains do not always just affect the elderly, it can also affect the young at heart and sometimes it is to a devastating degree.

But it does not have to be that way. Now there is a solution for anyone who wishes to have freedom of movement and be rid of the aches and pains for good.

In July of this year, Loren Boccanfuso and Mackenzie Zavitz opened their new business Canopy Wellness. As new entrepreneurs, opening a new business would definitely present its unique set of challenges to navigate, however the pandemic has been difficult navigating the constantly changing rules.

The two ladies met in 2015 at a local gym sharing a common interest for fitness, and overall well-being. As the years passed, this became a passion for a variety of movement practices, and helping others along their wellness journey.

Canopy Wellness offers a space to explore movement through mindful embodied practices for people of all ages, skill sets, and abilities.

Their teachings are inspired by a multidisciplinary approach to encourage thoughtful, intentional growth in mind, body, and soul.

Loren graduated with a degree in chemical engineering and worked for 5 years in the engineering profession. Along the way, she continued

to accumulate varying certifications and studied at Bowen College. Loren is now a certified Bowen Health Therapist.

Mackenzie has been studying from leading health and movement experts since 2015 through the framework of yoga, strength training and joint mobility health. She is now attending Bowen College to become a Bowen Health Therapist.

For Loren, movement has always been a part of her life. She remembers skating before she could walk, biking everywhere as a kid and running as far and as fast as she could. Her youthful movement adventures took her from hockey to dance to boxing and more. Movement was easy. Until it wasn't.

At the age of 17 she was diagnosed with rheumatoid arthritis and thought she would never find the joy in movement again. At 26 she encountered a debilitating back injury. She soon recognized her passion to help others affected by chronic pain and illness. She dedicates herself today as a Movement Educator and Bowen Therapist-in-training to fuel this passion and help others find the joy in movement again.

Both ladies have travelled the world receiving training with leaders from various training modalities.

They were inspired to help people find the joy in movement through a multi-disciplinary approach. "We knew our skillsets would complement each other," says Zavitz, "and we are very excited to be working in our community to help others".

Bowen Therapy works with the body, not on the body. It is a gentle, yet effective therapy using fingers and thumbs on precise points. A full body approach to healing, integrating the mind-body connection. Bowen Therapy treats Chronic Pain such as Fibromyalgia, Multiple Sclerosis, TMJ Issues and Osteoarthritis. It assists with structural imbalances, Lower back pain, shoulder issues and sciatic presentations and overall mental wellbeing.

They offer a variety of packages from Bowen Therapy through group classes or private movement sessions and a complimentary 30 minute private movement consultation and complimentary 15 minute Bowen Therapy education calls.

Loren and Mackenzie understand that there is no one-size fits all approach to addressing client's movement challenges or dysfunctions - this is why they trained with some of the leading experts of various movement and health modalities to better serve our community.

To find out more information please call 519-328-1262 or visit their website at www.canopywellness.ca

