



Naturally Free Legs

Micro Moves for the Lower Body

Stop suffering from pain in your legs and lower back
and start feeling free and strong!

[Skip the talk, I'm ready to register for online only participation!](#)

[Skip the talk, I'm ready to register for in-studio participation!](#)

So, you're struggling to solve leg and lower back pain, yet you can't seem to find a solution that not only works but is also practical for you to follow.

Instead of freedom of movement, ease in getting up and down off the floor, peace and joy while walking, you're struggling to walk, sit on the toilet, or get up and down stairs.

On top of that, you are experiencing:

- Foot Pain
- Ankle Pain and Instability



- Lower Back Pain
- Shooting Pain in Your Buns and Down Your Leg
- Hip Pain
- Balance Issues
- Knee Pain or Clicking

It sucks, right?

Plus, you have wasted time, money AND energy trying to solve leg and lower back pain only to have zero success and find yourself back at square one. It's de-moralizing and entirely frustrating!

You're wondering....

- "Can I actually solve leg and lower back pain?"
- "Is it even possible to fix?"
- "Should I just give up entirely?"

My answer to you is...

Absolutely you can solve leg and lower back pain! Positively, it's totally possible to fix! And, please don't give up! I'm here to help!



I want to tell you a story.

I suffered from severe lower back pain with shooting pains all the way through my tush down to my ankle from ages twelve to age 23!

I went to doctors, chiropractors, PT's, massage therapists, Rolfers, acupuncturists, to name a few. Nothing helped! In fact most of it made it worse. Sometimes it would feel better during or right after but often the next day it was back or hurt more.

Then I met my teacher. She explained what was going on in my body very clearly. She gently placed her hands on me and told me to move in a small yet very specific way to reach her hands. She did not move me, I moved to her in a new way. The pain went away! All gone. It was a simply AMAZING experience. I was so impacted by this experience that I've dedicated my life to helping others stop their suffering through these techniques!

"Thank you so much for this class! I have been doing the exercises in the morning and find my posture correcting itself throughout the day. My neck and shoulders have been really tight after an injury (even after PT and stretching) and now are finally starting to loosen up. Also I'm walking more comfortably with less hip pain. Thank you!"~Ali"



Maybe my story sounds a lot like yours!

Can you relate?

If you can, let's talk!

The reason **you have failed to find a solution that works** isn't because you're a failure! In fact, *that could not be further from the truth.*

The reason a solution eludes you is because **most of the information about leg and lower back pain is totally wrong.**

Most methods or programs intended to solve **leg and lower back pain** fail to initiate strengthening movements from our intrinsic core and our breath. They stretch, massage, poke, cut, replace, and use anti-inflammatories and painkillers to cover up the pain but never address the real problem of weak deep stabilizing muscles, postural imbalances, and inefficient movement patterns.

With all that being true, ***it's no wonder that you are still stuck!*** I mean...who wouldn't be stuck, right?!

That's why I developed the Micro Moves Method or "Triple M," which teaches you how to fire up your deep stabilizing muscles allowing your outer shell



muscles to relax and your joints to fall back into proper alignment, leaving you at peace in your body, easily! No struggling required.

The Micro Moves Method is how I take my clients from leg and lower back pain to fit and fabulous. The reason why you have failed to see success with leg and lower back pain is that you have probably focused on stretching, massaging, pain killers, and the area that hurts instead of implementing the micro moves you need to fire up the deep stabilizing muscles and correcting your postural misalignments and movement patterns.

The Micro Moves Method is the only way to achieve peaceful power...PLUS, the Micro Moves Method will do more than eliminate pain; it will improve your overall health, meaning that you will likely see other annoying health issues start to melt away too!

Did you know 75% of your muscles are deep stabilizing muscles? What might happen to your excess fat if you start using 75% more muscles than you do right now? It melts off! Goodbye love handles and muffin tops!

So, how can you learn the Micro Moves Method, you ask? Great question!



I'm delighted to let you know, I've packaged it up into my brand new course!

INTRODUCING...



Naturally Free Legs

Micro Moves for the Lower Body



Unlike all those other programs *that have let you down*, Naturally Free Legs addresses the deep stabilizers of your legs and lower back. 75% of your muscles are deep stabilizers.

Sounds great! [I'm ready to join for online only participation!](#)

Sounds great! [I'm ready to join for in-studio participation!](#)

This program is perfect for:

Individuals with foot pain | Individuals with ankle pain | Individuals with knee pain | Individuals with hip pain | individuals with back pain| Individuals who want to prevent issues in their lower back, hip, knee, lower leg, ankle or feet so they can be active and at peace in their body well past 90!

This course gave me the tools I need to help me move without the pain I have experienced because of the misuse of my body."~Joanna Mackin



Imagine...

What would your life look like if you were entirely free of leg or lower back pain?

- Feeling refreshed and rested upon waking up from a full night's sleep
- Hiking, swimming, surfing, dancing
- Getting down on the floor to play with children and grandchildren
- Traveling without the worry of pain from sitting on the plane
- Gardening with joy
- No more doctor or physical therapist appointments disrupting your life
- No more painkillers

Just close your eyes and imagine that future! It's possible!

I'm ready to do this with online participation!

I'm ready to do this with in person participation!



WHO AM I?



Aloha! My name is Lisa Orig, and I help women eliminate joint pain so they can live an active, adventurous life they love.

I am the perfect person to help you solve joint pain because I've helped thousands of people resolve joint pain in my over 23 years of experience.

How is my approach different? I get to the core of the issue and teach you how

to change the movement patterns and postures that are causing the problems. I give you not only the what but the why behind what to do.

I am so passionate about my program because I am able to spread my knowledge to a wider range of individuals who genuinely need my help. I've seen miracles happen before my eyes and want the whole world to have a chance at experiencing a pain-free and powerful life again!



WHAT DO YOU GET WHEN YOU ENROLL IN Naturally Free Legs?

- **6 educational lessons** so that you can learn and practice the principles to resolve your leg and lower back pain
 - Value: \$600
- **Access to replay the education lessons or view in your own time zone for seven days post lesson** so that you can repeat and fully absorb the material covered
 - Value: \$300
- **Weekly homework assignment** so that you can practice the material covered in between our lessons together
 - Value: \$200
- **Homework Journal** so you can learn to own your exercise program and hold yourself accountable.
 - Value: \$100



That's a total value of \$1200 **but today, you can enroll** in Naturally Free Legs for only...

\$600

\$349 online participation

\$449 in person participation

We kick things off March 7th and the program will run for 6 weeks.

[Reserve your spot now for online only participation!](#)

[Reserve your spot now for in-studio participation!](#)

If you regularly operate a human body, you need this course! In just a few weeks my balance, posture and general well-being are much better.

~Anne

WHO IS Naturally Free Legs FOR?

- Individuals with chronic foot, ankle, knee, hip, or lower back pain and injury, those new to exercise and Pilates, people who want to learn how



to prevent injury to foot, ankle, knee, hip, or the lower back, teachers of movement, avid movers that want a deeper understanding of why they do the foot, ankle, knee, hip, lower back and abdominal exercises they do or a refresher of the fundamentals!

WHO IS Naturally Free Legs NOT FOR?

- The closed-minded, those who think allopathic medicine is the end all be all to healthcare, pill poppers who do not want to exert time, energy or money into their own well-being, those who do not acknowledge their health is their own responsibility.

If you want to experience peace, freedom, and ease of movement in your legs and spine plus power, strength, and endurance in movement, as well as the knowledge of anatomy and biomechanics to get you there, then **Naturally Free Legs** is a perfect place for you to start!

MAKE SURE TO ACT FAST!

Naturally Free Legs **is only available for limited-time enrollment!** You can sign up until 11:59 Tuesday, March 5th, 202. After that, the doors close, and *the*



price will double for the next round. Space is extremely limited, so grab your spot fast! Once it's filled, it's closed!

[I am ready to register online!](#)

[I am ready to register in person!](#)

"Incredible knowledge I got from Lisa, which I never got from even the best physios. I learned how to breathe properly in pilates the most valuable concept. She has decades of experience and knows all the tricks."

~ Suchi Gupta, India

LET'S DO THIS ONE MORE TIME!

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Are you ready to leave leg and lower back pain behind and start experiencing freedom and power of movement instead with the micro moves method?



Let's ditch leg and lower back pain once and for all and do this together right now!

[Sign me up now for online only participation!](#)

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"18 yrs ago I was consciously searching for an exercise that would help me strengthen my core to hit a golf ball farther and to stay pain free while doing activities like tennis, jogging, hiking and golfing. I recognized that as I aged things like plantar fasciitis, sciatica and tennis elbow surfaced while playing and resting from doing the things that caused it did the trick but I questioned why I got it in the first place.

I was fortunate enough to meet Lisa who introduced me to Pilates and the rest is history....her ability to explain MY body and how it works, convey

what she experienced and her quest to share that knowledge has undoubtedly kept me feeling healthy and pain free.

I am 73 years young and I can honestly say that I don't use aides or medication to mask pain. I'm doing all the things I love to do...golfing 3-4 time a week (walking the course at least once a week) and hiking (just did the Dolomites in Italy for 6 days straight 8-10 miles rolling hills daily).



Since I met Lisa in 2004 I have been doing 1 hr Pilates classes 3 times a week and in 2018 started working with her as a Functional Diagnostic Nutritionist.

This class is a great START to a relationship with Lisa whose knowledge and more her ability to communicate that knowledge as she continues to study with the best mentors.....hope you're lucky enough to benefit from someone who really cares about YOU!"

~Valerie Nagaji

FREQUENTLY ASKED QUESTIONS:

When does the program start?

Anxious to get started? Me too! We will kick things off on Thursday, March 7th. The live Zoom or in person class will be held from 12:30pm HST to roughly 2pm HST. You will receive a Zoom link to attend live if you choose or you may watch the replay for 7 days following the call. Whoop Whoop! There will be a new lesson every Thursday at 12:30 pm HST for 6 consecutive weeks.



When does the program end?

I know it's hard to say goodbye, but the last lesson will be Thursday April 11th. You will have 7 days following the last lesson to watch the lesson.

Will there be recordings for the lesson calls?

Lucky you, the lessons are recorded! You can view the lessons for 7 days after the initial lesson. A link to view the class will be sent to all participants. Both online and in-studio participants.

Is this program only for women?

I primarily work with and focus on women, but men can participate if they choose to.

How does it work with paying for Naturally Free Legs?

It's easy! You just go to the link, and it will take you to the registration and payment. Payment is due in full via credit card to register.

How long until I see results?

Everyone is different, and each person takes a different amount of time. It depends on the severity of the issue as well as the dedication of the student.



You get out of it what you put into it. However, you may notice a difference in your overall well-being right after the first lesson!

What is your refund policy?

I have a no refund or transfer policy.

Where are the in person lessons held?

In person lessons are held at the Downtown Honolulu, HI studio located at Pali and Beretania. Parking is easily available at Kukui Plaza.

What if I miss an in person lesson?

This is a hybrid course taught on Zoom and in person. Lucky you, the lessons are recorded! You can view the lessons for 7 days after the initial lesson. A link to view the class will be sent to all participants. Both online and in-studio participants. In person lessons are held at the Downtown Honolulu, HI studio located at Pali and Beretania. Parking is easily available at Kukui Plaza.

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[Sign me up for in- studio participation!](#)