

WORKSHOP DATES

- 10th Jan 2010 (Sunday)
- 24th Jan 2010 (Sunday)

9AM TO 5PM

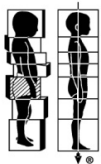
COST: RM480

VENUE:

Pilates Central
2nd Floor, Wisma Perintis (KL
Sports Medical Centre), Bukit
Damansara, KL

Tel: 03-2096-1311

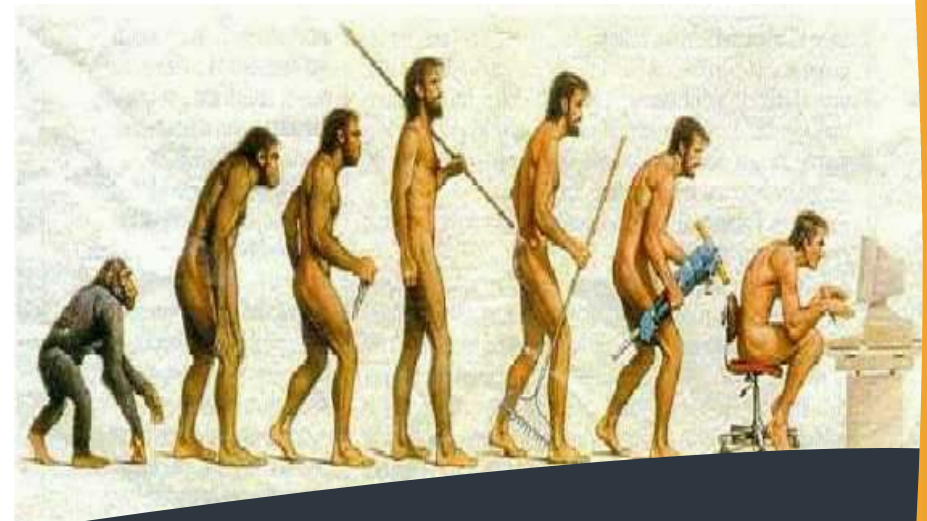
For more information:
www.rolfing.com.my



Workshop Facilitator:
May Chin
Certified Rolfer™
Certified Rolfing Movement
Practitioner™

Please call to sign up early.
Workshops size is limited to small
numbers to ensure full
participation.

Your posture
Your health



RE-PATTERNING YOUR POSTURE WORKSHOP

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SUPPORTED SEATING

We sit almost ¾ of our waking hour each day in this modern society. We rarely walk and run as much as our ancestors. Chairs are made more comfortable that cushion our slouching posture when we sit. We spend hours in front of the computer in an unhealthy position. Teach yourself healthy and supporting ways of sitting and getting up.



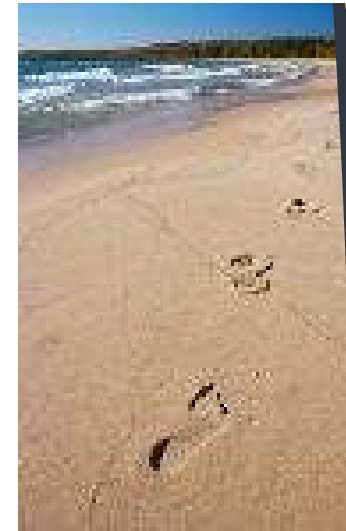
What is Posture?

Posture is the position in which you hold your body upright against gravity while standing, sitting or lying down. Cultivating good postural habits allows your body to sit, stand and move with ease, elegance and grace thus promoting better health. Body usage – good and bad – has a direct impact on how our nervous system, circulation, digestion and other functions work, and is also a representation of mood, feelings and personality.

re-patterning your posture workshop

Come and discover how to change your habitual posture in our 1-day Posture Workshop.

- In this workshop, we bring awareness to your breathing, sitting and standing habits to induce change.
- Your walk is your posture in motion. Learn how to minimize unnecessary tension in your body by embracing healthier way of moving,
- We breathe 15,000 to 20,000 breaths a day! What is your understanding concerning our most vital function? Learn and explore for yourself how our structure is made for breathing. What are the muscles that assist in breathing? Are you breathing for vitality and health or just breathing enough to survive?



OUR WALKING GIVES US AWAY

When we see a friend from afar, even though we may not be able to see their face, we are still able to identify them just from the way they hold their body and move. How we stand and walk practically portrays our character. Our body is our loudspeaker broadcasting our attitude.



Are you walking effortlessly with grace or are you shuffling your feet, dragging your body forward? Does your body feel light and your movement coordinated? Come and discover your walking pattern in our gait analysis hour.



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Stand s



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