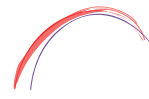


Registration Form



Check one:

- Monday 5:30 pm – Advanced (requires completion of Basic course)
- Monday 7:00 pm - Basic

Name: _____

Address: _____

Phone #: _____ Day: _____

Evening: _____ Cel: _____

Do you have any medical conditions or injuries that may affect your work in the class?

Registration is complete upon payment by cash, cheque or credit card.

Cost: \$252 for 12 weeks

Date Received: _____



There are no casual drop-ins available for Basic and Advanced courses. Participants must be registered.

Winter 2010 Schedule:

Class	Day	Time	Instructor
Advanced	Monday	5:30 pm	John
Basic	Monday	7:00 pm	Darcy

Class Dates:

Monday
Jan. 11
Jan. 18
Jan. 25
Feb. 1
Feb. 8
Feb. 15
Feb. 22
Mar. 1
Mar. 9
Mar. 15
Mar. 22
Mar. 29

Additional classes may be added if needed to accommodate more participants.

To register, complete and mail, fax or bring in the form.

Keeping people moving ...



Sooke Evergreen Physiotherapy

#3-6726 West Coast Road, PO Box 520

Sooke, BC V9Z 1H5

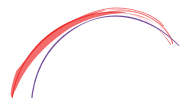
250-642-4911 and 250-642-5522

Fax: 250-642-4905 sookephysio@shaw.ca

www.sookephysio.ca



Posture, Flexibility and Body Awareness Course



What is the course about?

Stretching helps to reduce stress, overcome injury and alleviate chronic aches and pains. Classes are designed to safely increase flexibility. The Posture & Flexibility (P&F)* approach **uses detailed anatomy and tested training principles** to select safe, effective and efficient stretches from many traditional forms (sports, yoga, martial arts, gymnastics, Pilates, etc.). Before exercises are used in classes, they are evaluated and often modified to create compound stretches/movements.

P&F focuses on the process of stretching, targeting restrictions to effect change where it is most needed. The method incorporates stretching, core and postural strengthening, and breathing techniques. **There is no attempt to force the body into a final ideal position.**

As a result, the approach is challenging *and* can be adapted to meet the needs of participants at their own level of flexibility and fitness.

Is Posture and Flexibility for You?

As the class progresses, you will discover your body's strengths, weaknesses and asymmetries as you improve overall body awareness. You will increase your range of motion, increase your functional strength, and may also feel more relaxed.

The classes are small (maximum of 10

students), and are taught by instructors who are trained by Kit as stretch therapists. During the 75 minute class, students will learn how to safely and effectively stretch individually and in pairs. Each class builds on the previous sessions, progressing and revisiting topics. Participants will receive advice based on their individual needs, and will learn exercises that can be continued after the course.

Instructors

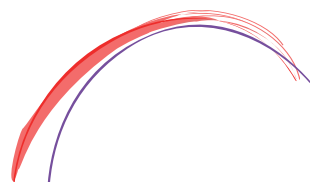
The classes are instructed by John Manley (physiotherapist), Darcy Patterson (physiotherapist) and Claude Laforce (personal fitness trainer).

Details

We encourage you to arrive 15 minutes early to warm up, as instruction will start promptly at the scheduled time. Anyone arriving more than 10 minutes late will not be able to attend that class (for both safety and courtesy reasons).

Remember to wear comfortable clothing that moves freely. All exercises are done with bare feet (no socks or shoes). If you have any health concerns or injuries, please be sure the instructors are informed at the first class.

All equipment is provided.



At training courses in Vancouver*:



Before



3 days later



*developed in Australia by Kit Laughlin (<http://www.pandf.m.au>)

*all photos taken by Carol Wenzel, Linda Winterton, KL 2006, 2007