



Kit Laughlin to present *Stretch for Athletic Performance*

Wednesday 30 May 2012: 6–8 pm
Tribe Multisport, Scottsdale

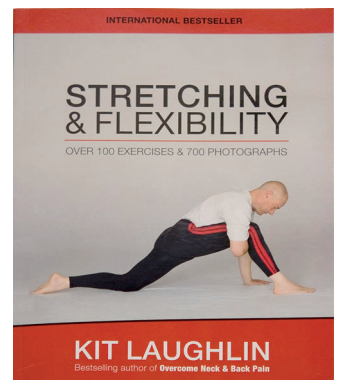
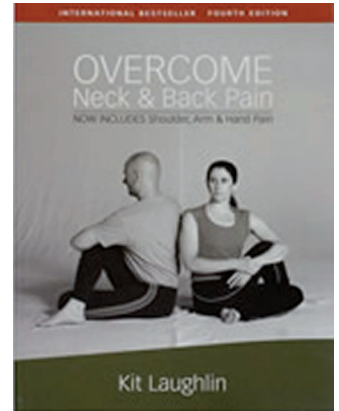
Athletic performance begins with sound biomechanics and optimal neural patterning—these two qualities create the performance that is measured by the stop watch.

Although every sport and each individual is unique, there are certain muscle groups around the body that practitioners treat again and again—are these ‘design flaws’ or are there other factors at work? As well, there are skeletal symmetry aspects that can be highly significant for particular activities, too. For example, if you are a triathlete, then relatively minor leg-bone length differences can be very significant, simply because your body spends considerable training time working in the vertical load bearing position.

Let Kit take you through the kind of prescription of exercises that he found extremely helpful in his athletic career. An ex-middle distance runner, then Olympic weightlifter, Kit has an intimate knowledge of athletes’ problems and pains—and he knows that stopping the activity that has helped create the problem is not an option.

These days you have to train smarter, not harder. This means paying attention to the neural and skeletal dimensions of your own unique structure; it means being able to relax fully, both during and after the event, to aid recovery and regeneration; and it means improving the efficiency of your movement. This has nothing to do with touching your toes!

Kit is an ex-member of the Birubi and Harbord Diggers running clubs, and was trained by Jack Pross, a protégé of Percy Cerruty. Kit has raced every distance from 100m to the marathon. He is the author of *Overcome neck & back pain*, and *Stretching & Flexibility*, and other books. He has produced and directed many films and videos. Please see his website, www.KitLaughlin.com for relevant articles and YouTube clips (you can subscribe to his channel there, too).



Kit Laughlin is a world authority in stretching and strengthening techniques. He is the author of the best-selling books *Overcome neck & back pain*, *Stretching & Flexibility*, and *Stretching & Pregnancy*. Kit has presented workshops to over 3,500 individuals worldwide and is a strength and flexibility consultant to elite teams and athletes. He studied Oriental medicine and Shiatsu massage for three years in Japan and founded the Shoshin Centre in Canberra, Australia, where he assists clients to overcome pain related to muscular and skeletal asymmetries.

Please visit www.KitLaughlin.com for more details.

Venue

Tribe Multisport

7624 E Indian School Rd #101
Scottsdale, AZ 85251

Time

6.00 pm to 8.00 pm

Cost

\$75.00

Registrations requested
by Monday 14 May 2012

NEED MORE INFORMATION?

Contact: Judy Stowers

Phone: 480-332-3141

Email: judystowers@gmail.com

Please print this page and retain for your record.

Please print and complete the following page, and return as detailed.

Stretch for Athletic Performance

presented by Kit Laughlin

Wednesday 30 May 2012: 6–8 pm

Tribe Multisport, Scottsdale, Arizona

**REGISTER
NOW!**

Use this form to send in your registration by mail or email. Please PRINT CLEARLY.

FIRST NAME _____ LAST NAME _____

ADDRESS _____

CITY _____ STATE _____ POSTCODE _____

PHONE H _____ W _____ M _____

EMAIL _____

Registration confirmation will be sent via email, or phone if you do not have an email address.

REGISTRATION FEE

Full payment is required with registration.

\$75 Registrations requested by Monday 14 May 2012

PAYMENT DETAILS

Visa Mastercard Amex Discover

Cheque *

* Please make cheques payable to **Judy Stowers**

PayPal**

** Visit <http://apexbodyworx.com/workshops.html>

Credit Card Number

Expiry Date Security Code

Cardholder's Name

Cardholder's Signature

Return this form, with payment, to:

**Judy Stowers, c/- Apex Bodyworx
7624 E Indian School Rd. #101,
Scottsdale, AZ 85251
Email: judystowers@gmail.com
Phone: 480-332-3141**

Refunds and withdrawals

1. Participants who wish to withdraw more than 28 days prior to the scheduled date will receive a full refund of money paid, minus a \$30 administration charge unless you transfer registration to another participant.
2. There will be no refund on withdrawal if notification is received less than 28 days prior to the scheduled commencement date.
3. A full refund will be given if the class is cancelled.