



Introduction to Stretch Therapy

three-day workshop

Scottsdale, Arizona, USA: 1–3 June 2012

DESCRIPTION

The “Intro” allows attendees to experience the full range of what we offer on the longer workshops, in a compressed format. The workshop will begin mid-morning on **Friday**, to allow for travel. Day two, **Saturday**, will be a long one and **Sunday** will end mid-afternoon, to allow for travel home.

Friday will begin with a class, so potential Stretch Teachers can experience a real class situation. Day one will begin with **spinal movements**, and finish with a hip flexor stretch, and a couple of neck stretches. The rest of the day will introduce a wide range of variations of the spinal movements and the *piriformis* stretches, suitable for teaching to all levels of students, and we will do the partner **hip flexor** stretch as well: everyone needs this one! The day will finish with a lying **guided relaxation script**; many attendees say this is the favourite part of the day.

Saturday will also begin with a class—but this time it will be a full hour of **Monkey Gym** whole-body strengthening moves. These exercises include all the gymnastics core staples (these work the trunk and hips in all planes). We will cover handstand preparation movements. Progression sequences to the one-leg squat will be practised—all participants will be able to do one of the offered versions, and they will be done eccentrically, and with arm support if necessary; nothing improves balance and coordination like this sequence, either. Day two will end with a relaxation practise too.

Sunday will begin with a class that will include a stronger hip flexor sequence, and add **passive back bends over supports**, as well as the latest chest- and shoulder-opening partner stick exercises. Together, this combination will make a visible difference to your posture and alignment, as well as allowing the brain to access the all-essential glutes in the hip extension range of movement. The later stretches will include the innovative bent- to straight-leg floor hamstring movement, calf muscle stretches, and strong rotations. Feet, hand, forearm and neck exercises will end the day's practise.

PRESENTER

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.

READING

Workshop attendees should read

1. Foundational Skills of *the Monkey Gym* (pdf, 180kb)
2. Wrist mobility, bodyline exercises, and handstands (pdf, 414kb)
(download these documents from www.KitLaughlin.com ('Workshops' section).



Check out the **Kit Laughlin YouTube channel**:
www.youtube.com/kitlaughlin

ARIZONA, USA, JUNE 2012 — DETAILS

Dates

Friday 1 to Sunday 3 June

Times

Friday 1 June: 10.30 am to 6.00 pm
Saturday 2 June: 9.30 am to 5.30 pm
Sunday 3 June: 9.30 am to 3.30 pm

Venue

To be advised—it will be in Scottsdale.

Cost (all prices are in US dollars)

EARLY BIRD: registration before 15 April 2012 – \$499

Regular registration: registration after 15 April 2012 – \$599



NEED MORE INFORMATION? See www.KitLaughlin.com

Contact – Judy Stowers
Phone: 480-332-3141 Email: judystowers@gmail.com



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**REGISTER
NOW!**

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

.....
 FIRST NAME _____ LAST NAME _____

ADDRESS _____

CITY _____ PROVINCE/STATE _____ POSTAL CODE _____

PHONE H _____ W _____ M _____

EMAIL _____ Registration confirmation will be sent via email.

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REGISTRATION FEES all prices are in US dollars

- \$499 **EARLY BIRD** – registration before 15 April 2012
- \$599 **Regular registration** – after 15 April 2012
- \$50 x _____ rebate for each referral of a participant at the time of registration* (max. of 3)

Provide names of those referred _____

* Referred participant(s) must register by 15 April 2012 for you to receive the rebate(s)

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PAYMENT DETAILS

Visa Mastercard Amex Discover

Cheque *

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

Credit Card Number

PayPal**

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

Expiry Date Security Code

Cardholder's Name

Cardholder's Signature

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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 eight weeks prior to the scheduled date will receive a full refund of money paid, minus a USD \$300 administration charge unless you transfer registration to another participant.
2. There will be no refund on withdrawal from a workshop if notification is received less than eight weeks prior to the scheduled commencement date.
3. A full refund will be given if the course is cancelled.