

Dellagrotte Core Movement Integration

Core Integrated Walking: Gait, Movement and Posture

7 Hour One Day Class

With Josef Dellagrotte and guest presenter, Dr. Neil Feldman, podiatrist, triathlete.

February 3-4, 2012

Fri. 7-9pm Intro for new participants. \$20

**Sat. 9:30-5:30pm \$130
or \$150.00 for both**

(with early registration by 1/23.after:\$165)

Earn 7 NCBMTB CEs.

Walking, the most recommended universal, premier exercise for health, heart, and longevity; promotes bone density, healthy joints, endurance and strength. Workshop includes floor lessons, practice, and personal guidance.

- Learn how to walk upright, improve spinal rotation, and foot mechanics
- Learn how to develop a smooth, efficient and resonant walking form-from a beginners level to an athletic level.
- Practitioner:s learn specific hands-on myofascial techniques
- Strengthen and breathe easier with a stable core
- Learn the basic anatomical core movement dynamics which stabilize, align , prevent back pain, and make walking easy, smooth, pain-free for life!

LOCATION

BodyMind Integration Center 118 Main St, Watertown MA
Info & Registration by check, or other: call CITI office at: **978-461-0221**,

Online registration & more info:

www.core-integration.com

