

JUMPSTART YOUR CAREER!

IF YOU ARE INTERESTED IN LEARNING HOW TO...

- EVALUATE AND IDENTIFY BIOMECHANICAL IMBALANCES IN THE HUMAN BODY
- INCREASE CLIENT RETENTION BY OFFERING A SPECIALIZED ASSESSMENT TOOL
- IDENTIFY AND ELIMINATE POSITIONAL WEAKNESS THAT MAY LEAD TO INJURY OR FURTHER COMPENSATION
- RAISE THE LEVEL OF UNDERSTANDING OF HOW BIOMECHANICAL IMBALANCES LEAD TO REPETITIVE STRESS AND CHRONIC OVERUSE INJURIES

IF YOU WOULD LIKE TO LEARN MORE ABOUT...

- HOW TO CORRECT BODY ALIGNMENT IN ORDER TO PREPARE THE BODY FOR WHAT YOU'RE ASKING IT TO DO
- PROVING THAT WHAT YOU ARE DOING IS ACTUALLY WORKING
- EXAMINING HOW MUSCLE TIGHTNESS IS SECONDARY TO MUSCLE WEAKNESS



JUMPSTART PROGRAM

Location: Oklahoma City, OK

The Pilates Edge

2927 W Wilshire Blvd

Oklahoma City, OK 73116

Host contact: Rene Craig

Phone: 405-463-3388

Email: rene@pilates-edge.com

Instructor: Kevin Dunn

****All participants must attend the Lower Body prior to attending either the Upper Body or Trunk & Spine****

Lower Body – August 7-8, 2010 / 8:30am - 5:30pm

Upper Body – August 28-29 2010/ 8:30 am - 5:30 pm

Trunk & Spine – September 18-19, 2010/ 8:30 am - 5:30 pm

TO REGISTER PLEASE VISIT OUR WEBSITE AT WWW.MUSCLEACTIVATION.COM

OR CALL 303-745-4270 EXT. 2