

Workshops

SUMMER
SCHEDULE

2 Hour Participatory Workshop Schedule

Tap into health with Whole Body Alignment™, and use the biomechanics of natural human movement to optimize your human machine.

You may already enjoy regular fitness program, but probably do so with poor gait patterns and low, all-over muscle use. These workshops will provide little-known information on how to increase body awareness and performance to aid in pain reduction, increase bone density, and optimize metabolic health.

Core Alignment and Strength

Learn true core alignment, and gain the benefits of strong, self-toning, flexible abs, while eliminating core dysfunction.

Thursday, July 25th, 6:30–8:30 PM

Monday, August 5th, 6:30–8:30 PM

Saturday, August 17th, 11:30 AM–1:30 PM

Pelvic Floor Health and Restoration

Don't be a statistic, prevent or correct incontinence, prostate inflammation, and prolapsed organs. Increase sexual function.

Wednesday, July 17th 6:30–8:30 PM

Thursday, August 22nd, 6:30–8:30 PM

Pregnancy and Birth Mechanics

Learn how to eliminate the ailments commonly blamed on pregnancy (that are really caused by poor alignment) and increase your chances for a drama-free birth!

Monday, July 22nd, 6:30–8:30 PM

Wednesday, July 31st, 6:30–8:30 PM

Breathe Easy

No one feels well when they can't breathe. Find out what is taking your breath away. Improve your overall performance and increase your sense of well-being.

Saturday, July 27th, 11:30 AM–1:30 PM

Tuesday, August 6th, 6:30–8:30 PM

Alignment for Teens

They're sick of hearing, "stand up straight" and you're sick of saying it. This class gives teens the info they need to stand tall, and maximize their metabolic health throughout life.

Tuesday, July 30th, 5:30–7:30 PM

Saturday, August 10th, 11:30 AM–1:30 PM

Physics of Fragile Bones

Your Osteoporosis began in early adulthood, because you were missing a simple, but key piece of information. Find out how to return to your peak levels of bone density without drugs.

Tuesday, August 13th, 6:30–8:30 PM

Gait Mechanics Clinic

Learn the subtleties of optimal gait mechanics and reap the benefits of whole body strength and stamina, while minimizing joint degeneration, and back pain.

Monday, July 29th, 6:30–8:30 PM

Saturday, August 24th, 11:30 AM–1:30 PM

Balance Clinic

Use a Bosu Balance Trainer to evaluate and optimize your proprioceptive skills and enhance your mind-body connection.

Wednesday, July 24th, 6:30–8:30 PM

Monday, August 19th, 6:30–8:30 PM

Superior Strength Bootcamp

Even though this is a basic class, it is not for the faint of heart! Have fun, in a cacophony of groaning, as I help you ferret out your weakest muscles. They are so underused, you will struggle to lift a 4 oz. piece of foam! Your leg will feel as if it's made of granite! Include these muscles in your regimen to enjoy a previously unimagined vitality.

Saturday, August 3rd, 11:30 AM–1:30 PM

Monday, August 12th, 6:30 PM–8:30 PM



2013

Preregistration Required. Class size is limited. These are participatory workshops. Limited seating is available. If you predict difficulty standing for prolonged periods and are unable to sit on a floor cushion, please bring a folding chair. Instructor: Christine Altman, RES-CPT

All workshops held at 462 Prospect Street, Torrington, CT 06790