

## STRETCH RELEASE WORKSHOP

### LEVEL ONE

Reclaiming your mind, body and spirit through Stretch release.

Through a series of progressive, standing, seated and lying postures using natural flowing motions to Relax, rebalance the body.

The main areas of stretch release level one will focus on proper breathing, accessing your core, and Moving more efficiently within the gravitational field.

Through stretch release technique, your body will become a more energetic, flexible and graceful Instrument. Stretch release provides the groundwork for optimal freedom of movement expression and Wellbeing.

#### WHO CAN BENEFIT FROM STRETCHRELEASE TECHNIQUE?

From office workers to athletes, dancers, musicians, Pilate and yoga teachers and student or anyone Interested in improving their body awareness, posture etc.

#### WHAT ARE THE PHYSICAL BENEFITS OF STRETCHRELEASE?

Throughout the classes, you will learn to alleviate tension that causes pain and imbalances. You will learn to breath more fully in an efficient and natural manner.

Stretch release is designed to free up tension and restrictions throughout the entire body, numerous Physiological benefits will occur, such as;

Improved circulation of blood, lymphatic flow, cerebral spinal fluid flow, metabolic rate increase.

Also as musculoskeletal balance and posture improves so does energy efficiency, endurance, focus and Concentration.

#### WHAT ARE THE MENTAL/EMOTIONAL/SPIRITUAL BENEFITS?

If you think about the body in logical terms, we are essentially made up of everything in space as well As on planet earth especially our oceans!

We are literally walking, talking interrelating bodies of water free to move about the planet.

And because we are made up mostly of water, spaciousness, unrestricted flow within our bodies is Cornerstone to our ability to access and utilize our energies efficiently at the same time creating a more Powerful, resonant and intuitive system.

Stretch release provides a safe and gentle playground to explore our bodies through mindful health Enhancing movements.

As we become more comfortable in our bodies again, often old emotional baggage may be released from the bodies cellular memory that was previously stored deep within the fascia and connective tissues.

As the mind becomes more centered within a more balanced body, energy is freed up to be used in other areas such as cognitive and intuitive faculties.

One of the added benefits of stretch release technique is that often those seeking a spiritual path find

stretch release to be a refreshing and easy way to quiet the mind into the body. Stretch release can be likened to a sort of moving meditation.

Stretch release technique is safe and beneficial for all persons from all walks of life, it is fun and challenging as well.

Times/dates: T.B.A.

Prices:

8 hrs total - Hk\$1600

For inquiries contact Steven directly at: 90591554