

Running With the Whole Body

- ◆ Increases speed, power, and distance
- ◆ Improves biomechanical efficiency and body awareness
- ◆ Gives you superior coordination and precision
- ◆ Enhances posture, breathing, and flexibility
- ◆ Significantly reduces pain and decreases risk of injury

"...integrate the entire body into your running ...create a faster, more graceful runner..."

— Trail Runner, June 2002

Particulars

WHEN: Tuesday evenings,
7:00-8:00 P.M.,
Beginning January 8, 2008

WHERE: Advanced Movement
Training (see home page)

PRICE: \$120.00 for eight (8)
consecutive classes.
Your first class is free.

WHAT: These are indoor
movement classes,
frequently involving floor
work and bare feet.

CLOTHES:
Sweats, warm-ups, tights,
etc. Shorts are OK but
may be less comfortable.

BRING: Blanket to lie on and a
towel that can be folded
for head support. (Please,
no Pilates or yoga mats, or
inflatable mattresses.)

Experience the Difference!

You can improve your running effortlessly! Likewise for walking, swimming, cycling, dancing, golfing, or any other sport. How? By increasing your *physical intelligence*.

Did you know your nervous system contains sophisticated motion analysis equipment that can radically correct the way you move? *Running With the Whole Body* can teach you how to use it. You will rapidly enjoy improvement in all your activities, not just your favorite ones. And you will perform them more easily, comfortably, and smoothly, than ever before.

Here's how it works: as children, we learn to move by trial and error. (Remember how many times you fell down when you were learning to ride a bike?) Because we learn with only our individual experiences to guide us, we develop inefficient movement patterns that over time can spell poor performance and even lead to pain and injury.

Running with the Whole Body consists of ingenious exercises that train you to feel and explore the difference between optimal and suboptimal movement. In just a few sessions, you will be able to identify and eliminate unconscious, habitual, energy-wasting movements that interfere with the skills you're trying to perfect. In short, you will discover how to get out of your own way and achieve your full potential.

Experience the difference today!

Testimonials

"Wow !!!!! I just can't believe the difference these simple lessons have made in my running!"

M. Fredricks

"I can run faster then I have ever run in my entire life."

Lynndon

"The shoulder - hip connection is very powerful for me - whenever I bring my attention back to my shoulders and make sure they are moving, then my pelvis moves more, my stride improves and my speed increases - all without any discernible increase in 'effort'."

J. Hetherington, Marathon Runner

"Working with Sandi Goldring has enabled me to move my body better than I ever could before!"

Alycia S.