

DOWNEAST SCHOOL OF MASSAGE PRESENTS

Efficiency of Movement

How to improve your quality of life!

Does...

- Getting out of your car
- Reaching for seat belts
- Getting dressed
- Holding grandchildren
- Doing the things you enjoy



HURT?

I have a secret. You can learn to move without pain and improve your posture in **ONE DAY!** Join Kinesiologist Timothy Agnew in this one-day workshop designed to teach YOU how to get *Efficiency of Movement*. Daily movement should be efficient. You should be able to go through your day without discomfort. Poor movement patterns deplete your energy, distort posture, and may cause injury. Learn how to maintain your own injuries, improve your movement, and get more energy.

In this one-day course you will learn:

- How to safely stretch and strengthen the entire body
- How to maintain current injuries and prevent new ones
- How to improve your posture
- How to implement a home routine

Cost: **\$135 (includes Dynamic Flexibility manual)**

Times: **9am-4pm**

Be sure to wear comfortable clothing!

SAVE THE DATE!

Friday September 24, 2010

you are invited!

About Timothy:



Timothy Agnew completed the ATC (Athletic Trainer Certified) course requirements under the

guidance of

Barry University in Miami, and finished the program at the University of South Florida. He is the co-author for McGraw Hill's *Kinesiology for Manual Therapies*. At his clinic in Sarasota, he specializes in improving the quality of life for his patients, which include Olympic athletes, renowned artists and dancers, as well as stroke, MS, and Parkinson's patients.

For more information call 207-832-5531

DownEast School of Massage
PO Box 24, 99 Moosemeadow LN, Waldoboro, ME 04572
Email- admissionsdsm@hughs.net

Internet- downeastschoolof-massage.net

www.stretchme.com

Register Now!

207-832-5531