



Stretch Teacher Training (TT) Workshop

Randwick, Sydney – July/August 2010

DESCRIPTION

The **Stretch Teacher Training (TT)** workshop is presented by **Kit Laughlin** and **Olivia Allnutt** and is based on Kit's book *Stretching & Flexibility*. The workshop is designed for people who want to be able to teach stretching exercise classes.

In this workshop, attendees will learn safe and effective techniques for reducing muscle tension, redressing muscular asymmetries, and improving overall flexibility, using a variety of novel solo and partner-based stretches for the whole body. You will learn how to 'back-' and 'forward-engineer' any pose to suit individuals in your classes and will also learn how to assemble collections of exercises to make exciting and effective classes.

You will be able to apply techniques suitable for every body immediately, from rehabilitation to performance enhancement.

The TT workshop will use a **six-day format** delivered in **two stages**: Stage I – three days; Stage II – three days. Total of 36 contact hours.

PRE-REQUISITES

Participants are expected to have read *Stretching & Flexibility* prior to the workshop.

PRESENTER

Kit Laughlin is a world authority in stretching and strengthening techniques. He is the author of the best-selling books *Overcome neck & back pain*, *Stretching & Flexibility*, and *Stretching & Pregnancy*. Kit has presented workshops to over 3,000 individuals worldwide and is a strength and flexibility consultant to elite teams and athletes. He studied Oriental medicine and Shiatsu massage for three years in Japan and founded the Shoshin Centre in Canberra, Australia, where he assists clients to overcome pain related to muscular and skeletal asymmetries. Please visit www.KitLaughlin.com for more details.

Olivia Allnutt is a Senior Stretch Teacher at the Stretch Therapy headquarters in Canberra. She has taught all levels of stretching and strength-based classes for over 10 years.

SYDNEY 2010 — DETAILS

Dates

Stage I: Friday 23, Saturday 24 and Sunday 25 July
Stage II: Friday 30 July, Saturday 31 July and Sunday 1 August

Times

9.30 am to 5.00 pm each day

Venue

Randwick College, Cnr Darley Road and King Street, Randwick, Sydney (see www.sit.nsw.edu.au/randwick/)

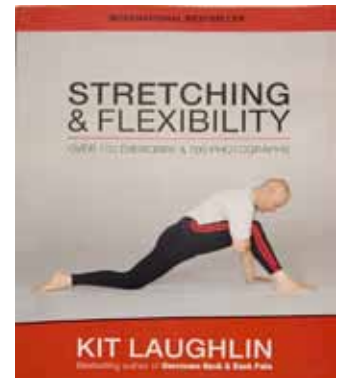
Cost

For all six days: \$1299.00 (GST inclusive)
Per stage: \$649.50 (GST inclusive)

Please note:

A 10% discount is offered to members of those associations listed at www.KitLaughlin.com (see the 'Workshops' section).

The TT course text is *Stretching & Flexibility*, by Kit Laughlin.



Please print pages 1 and 2 and retain for your record.

Please print and complete page 3 and return as detailed.

**Registrations requested by
Friday 18 June 2010.**

NEED MORE INFORMATION?

**See the 'Workshops' section of our website
at: www.KitLaughlin.com**

**Contact: Olivia Allnutt
Phone: (02) 6161 6002 or 0403 290 932
Email: o_p1@mac.com**



Stretch Teacher Training (TT) Workshop

Outline

Principles of the stretching approach

The approach draws on a number of bodywork disciplines and features many novel techniques, including the use of 'partial poses' to focus on a single joint, contract-relax (C-R) and other neural techniques to enhance flexibility, and partner-assisted exercises. You will learn techniques to increase your awareness of what is happening in the body and to increase the range of movement of the body's joints and muscles by effective re-mapping of the brain's image of its capacities.

Exercises for the back and torso

You will learn solo and practitioner-applied stretches for flexion and extension of the spine, whole spine rotation, lateral flexion and *quadratus lumborum*. We will cover key torso strengthening exercises and will focus on left-right comparison of muscular function.

Exercises for the middle back, upper back, shoulder and neck

You will learn stretches and strengthening techniques for the middle back, upper back and neck (e.g. paravertebrals, upper and middle trapezius, *levator scapulae*, scalenes, sub-occipitals). We will cover exercises to correct rotator cuff imbalances and rounded shoulders targeting, for example, *biceps brachii* and *pectoralis minor*.

Exercises for the hips and lower limbs

You will learn novel exercises for the hip flexors, *piriformis*, glutes, hamstrings, calves, quadriceps and feet. The role of the external hip rotators and adductors in ankle pronation will be addressed.

Exercises for the arm, wrist and hand

We will cover a comprehensive series of stretches for the arm, wrist and hand, including exercises for *brachioradialis*, and flexors and extensors of the hands and fingers.

"I learned how much I really didn't know about stretching. After all the controversy and lack of definitiveness in the fitness industry on stretching as a physical benefit and necessity, I was grateful to finally have found an answer to many aspects of physical performance and correction as they relate to muscles tension."

Eryn Krieger (Pilates and Yoga instructor)



Best forward bend



Following *piriformis* and calf muscle stretches



Stretch Teacher Training (TT) Workshop Randwick, Sydney — 2010

REGISTER NOW!

Use this form to send in your registration by mail or fax. Please PRINT CLEARLY.

Registrations requested by Friday 18 June 2010

FIRST NAME _____ LAST NAME _____

ADDRESS _____

CITY _____ STATE/COUNTRY _____ POSTCODE _____

PHONE H _____ W _____ M _____

EMAIL _____ Registration confirmation will be sent via email.

REGISTRATION FEES

Please note: all figures are GST inclusive

Step 1: please tick

- All six days \$1,299.00
- Stage I \$649.50 (Stage I: Friday 23, Saturday 24 and Sunday 25 July)
- Stage II \$649.50 (Stage II: Friday 30 July, Saturday 31 July and Sunday 1 August)

Sub-total _____

Step 2:

If you are a member of an association listed at www.KitLaughlin.com (Workshops section), please indicate which one, then apply a 10% discount.

Association _____

10% discount _____

Step 3:

Total payable _____

Please tell us where you learned about this workshop
(which website, newsletter, journal, other)

PAYMENT DETAILS

- Visa Mastercard Cheque * * Please make cheques payable to Kit Laughlin & Associates Pty Ltd.

Credit Card Number

Expiry Date

Cardholder's Name

Cardholder's Signature

Return this form, with payment, to:

**Olivia Allnutt
c/o Kit Laughlin & Associates Pty Ltd
PO Box 2038
Kambah ACT 2902
Fax: (02) 6161 8684**

Refunds and withdrawals

- Participants who wish to withdraw more than four weeks prior to the scheduled date will receive a full refund of money paid, minus a \$50 administration charge unless you transfer registration to another participant.
- There will be no refund on withdrawal from a workshop if notification is received less than four weeks prior to the scheduled commencement date.
- A full refund will be given if the course is cancelled.