



Stretch Therapy workshops presented by Kit Laughlin

– Cootamundra –
Sunday 7 February 2010

Session 1 (9.30 am to 12.30 pm)

This short workshop will introduce you to the Stretch Therapy approach, and is intended for people who do not exercise regularly, and who feel that they want to loosen their bodies! This presentation assumes no stretching knowledge or experience, and will focus on everyone's problem areas (we know what they are!). The goal is to feel comfortable in the body and more relaxed.

Any questions, please call Kit on 0418 266 981 or Olivia on 0403 290 932.

Session 2 (2.00 pm to 5.00 pm)

In comparison, Session 2 assumes that you can touch your toes, and know where your hamstrings are. Further, we assume that you stretch regularly, even if you are not super-flexible. We will teach you techniques that can help you transform your tight areas into flexible ones, and teach you the secrets to front and side splits.

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.pandf.com.au for more details.

WORKSHOP DETAILS

Dates

Sunday 7 February

Times

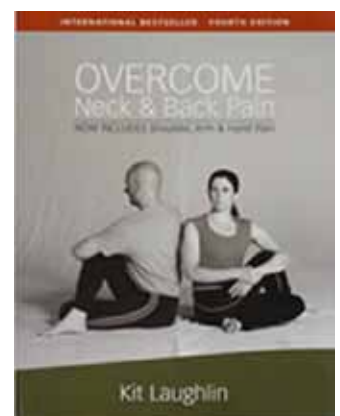
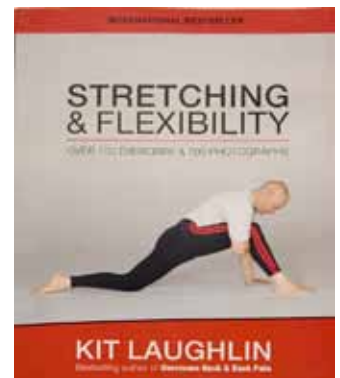
9.30 am to 12.30 pm
2.00 pm to 5.00 pm

Cost

\$65.00 per 3-hr session
(GST inclusive)

Venue

Chris Edwards Dance Studio
303 Parker Street
Cootamundra



Please print this page and retain for your record.

Please print and complete the following page and return as detailed.

Registrations requested by Friday 8 January 2010.

NEED MORE INFORMATION?

Contact: Rachel Moon
Phone: 6942 6166 or 0414 240 805
Email: rach24moon@hotmail.com

Stretch Therapy workshops

Cootamundra – Sunday 7 February 2010

REGISTER NOW!

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

Registrations requested by Friday 8 January 2010

FIRST NAME _____ LAST NAME _____

ADDRESS _____

CITY _____ STATE/COUNTRY _____ POSTCODE _____

PHONE H _____ W _____ M _____

EMAIL _____ Registration confirmation will be sent via email.

REGISTRATION FEE	Session 1	<input type="checkbox"/>	\$65.00 (GST inclusive)
	Session 2	<input type="checkbox"/>	\$65.00 (GST inclusive)

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:

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

Refunds and withdrawals

1. Participants who wish to withdraw more than 10 days prior to the scheduled date will receive a full refund of money paid, minus a \$20 administration charge unless you transfer registration to another participant.
2. There will be no refund on withdrawal from a workshop if notification is received less than 10 days prior to the scheduled commencement date.
3. A full refund will be given if the course is cancelled.