

Movement Workshop for Shoulders ~ pain free training

Improve your shoulder range ~ Increase your mobility & Understand the mechanics of the shoulders.

An interactive 2hr workshop for only \$20*

Donna Eddy a social martial artist; therapist & trainer will present take home techniques for you to use immediately.

Learn how to use functional mechanics and the nervous system to open the shoulders, your posture and reduce the chance of over use and strain injuries.

The focus for this workshop is the shoulder girdle. Namely rotator cuff and the fascial connection to the arm; chest; upper back and posture.

Taking you through aspects of her Posture Plus program this 2hr workshop will leave you feeling more mobile; lighter and more efficient in your movement. For those whom attended the first (Hips) workshop we will recap that session as our warm up!

When: Saturday 14th December.

**Location: Aikido Kenkyukai
Balmain PCYC, Darling St Balmain**

Time: 8:00 ~ 10:00am

Cost*: \$15 for Kenkyukai & WhiteWolf students. \$20 for outsiders

Contact: Stephen 0414 376 912 or aikidosydney@hotmail.com



***casual dress: gi or casual training clothes.**

