

RE~CONNECT ✨ STRETCH

*Partner stretching for couples ~
Increase your health and enhance your relationship.*

“Re~Connect” – is an integration of simple techniques and exercises designed by nationally renowned personal trainer, Randy Humola and co – creator, Shiatsu Shin Tai practitioner Beverley Pattenden. This leading edge synthesis of PNF ~ facilitated stretching ~ and Sotai ~ a therapeutic movement therapy founded in Oriental medicine and contemporary neuromuscular science is now available in a simple format for couples to learn and perfect at home.

- Improve flexibility of muscles, tendons & ligaments
- Reduce pain & stiffness
- Increase range of motion.
- Promote circulation of Chi through internal organs and activates energy channels through entire body.
- Increase physical, mental & sexual energy
- Create more space in the body and mind and open pathways to more successful and fulfilling relationships!

Relationships are the basis from which an extraordinary life of connection, fulfillment, health and happiness is built. In our fast paced, over extended modern world, life is often stressful ~ filled with obligations and extraneous responsibilities that fragment our lives and our relationships.

This series of interactive workshops are designed to increase ones self-awareness, develop increased health and enhance your relationship by deepening the bond with your partner through the power of touch.

Treat yourselves to this unique opportunity for an exquisite date with your partner ~ the experience will be exhilarating, fun and you will feel great!

Introduction to Stretching ~ JUNE 12TH, 2010 3- 5 pm
(prerequisite for series of 6)

Saturday's 3pm ~ 5pm

Session # 1 ~ June 26th, 2010

Session # 2 ~ July 10th, 2010

Session # 3 ~ July 31st, 2010

Session # 4 ~ August 14th, 2010

Session # 5 ~ August 28th, 2010

Session # 6 ~ September 11th, 2010

OR~

You can substitute any of these dates in lieu of the above...

Friday's 6 – 8 pm

June 25th, 2010

July 9th, 2010

August 6th, 2010

Introduction to Stretching ~ \$99.00

Pre-registration price for the series of six succeeding sessions ~


\$390.00 TSC members

\$450.00 non-members

Price for post Introduction to Stretching sessions ~

\$450.00 TSC members

\$510.00 non-members



The Solebury Club
4612 Hugesian Drive
Buckingham, PA 18912

PHONE:
215.794.34.94

E-MAIL:
beverley@creativehumanpotential.com

www.creativehumanpotential.com

~or~

rhumola@yahoo.com

www.thesoleburyclub.com

“Touch is a potent spiritual and sensual medicine for your relationship”