

RE~CONNECT ✨ STRETCH

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

“Re~Connect * STRETCH” – 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.
- Boost 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 interactive workshop is 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 ~ SATURDAY, JUNE 12TH, 2010

3- 5 pm

\$99.00 ~ (Pricing per couple)

OR ~


~Saturday, July 10th, 2010 3pm ~ 5pm

~Saturday, August 14th, 2010 3pm ~ 5pm

OR~

~ Friday, July 9th, 2010 6pm ~ 8pm

~ Friday, August 6th, 2010 6pm ~ 8pm



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