

# Teen

ALIGNMENT



## Workshop to teach teenagers optimal biomechanics-based alignment \$35.00

No one has to listen to, "Stand up straight!" more than the average teenager.

Unfortunately, almost all of the common postural advice is dead wrong and leads to joint degeneration, scoliosis, low bone density, inefficient respiratory mechanics, pelvic floor disorder, plantar fasciitis and a host of other complications.

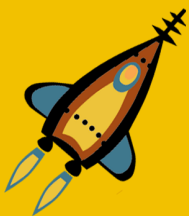
This workshop will give your teenager everything they need to know about how to use their body to maximum benefit with minimum wear and tear and how to properly evaluate every movement or postural decision they make for the rest of their lives!

Register at [www.vitalgaitway.com](http://www.vitalgaitway.com) or call 860-324-6926 for more information.

**Dates: (choose one)**

**Tuesday, July 30th  
5:30–7:30 PM**

**Saturday, August 10th  
11:30 AM–1:30 PM**



Restorative Exercise™ Specialist, Christine Altman leads this dynamic workshop for teens to explore how they move, what weaknesses create their postural problems, and how correct their alignment to look good and stay well. It will improve their performance in EVERYTHING.

Class takes place at The Vital Gaitway, 462 Prospect Street, Torrington, CT