

# Balance

PROPRIOCEPTION  
CLINIC



For More Information:  
[www.vitalgaitway.com](http://www.vitalgaitway.com)  
860-324-6926

## Strip Away Habits That Cause Instability \$40.00

### The Bosu illustrates deep muscle weakness...and helps to correct them!

This workshop challenges you to analyze your body's ability to find a still point—a moment that takes an enormous amount of micro-adjustments and profound stamina.

You won't achieve it in the course of this workshop, but you will see great improvement in the motor skills and body calculations that aid in proprioception.

You won't believe how hard you can work to just stand still, or bend forward, or squat downward.

Find out the extent to which your vision assists your balance, and learn to do without it.

Challenge your body to become more efficient in the mind-body connections and calculations needed to keep you strong and stable.

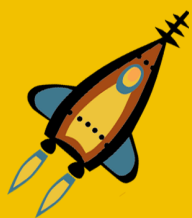
Please! This workshop is for the enhancement of your stability and balance, and the improvement of

your performance in everything from walking to athletics, but it is NOT an appropriate place to address severe balance deficiencies.

### Dates: (choose one)

Wednesday, July 24th  
6:30–8:30 PM

Monday, August 19th  
6:30–8:30 PM



Restorative Exercise™ Specialist, Christine Altman leads this dynamic workshop to explore each individual's culturally induced movement habits that create instability. Learn to evaluate your proprioception skills, ferret out imbalances and asymmetries in the body, and turn-off unnecessary motor programs. Improve your performance in EVERYTHING.

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