

FRANKLIN METHOD®

Release Your Shoulders

Taught by Sean Ling-Allen

September 6th, 2019



Location: Rutland Physical Therapy Clinic

Time: 1pm - 3pm

Cost for 2 hour workshop is \$60

To Register - contact:

Rutland Physiotherapy and Pilates
#104-145 Asher Rd. Kelowna, BC
250 765 2665

By using the practical application of anatomy and imagery, this workshop will help improve function, alignment, and flexibility of the shoulder girdle.

Participants learn imagery and proprioceptive exercises to train and balance the muscles of the shoulder girdle and arm.

The Franklin Method® uses Dynamic Neuro-cognitive Imagery™, anatomical embodiment and educational skills to create lasting positive change in your body and mind.

Workshops include education, gentle movements, sensory techniques and exercise to leave you not only refreshed and focused but also with the takeaway tools to break stress patterns.

If you have done a FM workshop before and have the FM soft balls (orange) please bring them.



the international FRANKLIN METHOD®

visit franklinmethod.com for free videos!