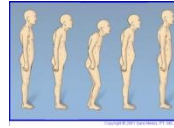


THE POSTURE REVOLUTION

6 Week Workshop Agenda



WEEK 1

Registration

Assessments

- Posture Photo
- Height Measurement
- Spine Curve Measurement
- Posture Assessment

Overview and Introduction

- Unload, Realign, And Strengthen Your Spine
- Functional Balance Assessment
- Take Home Message

Posture

- Alignment, Spine Load, and Bone "Creep"
- Alignment: "Active" Sitting, "Strong" Standing, Hip Hinge
- To Bend or Not To Bend....Forward

Body Mechanics: Lowering to the floor and rising
Realignment

- Alignment assessment lying on your back
- Re-alignment: Arm and Leg Lengtheners

Standing Posture Alignment

Balance Isometrics Phase 1 for "Smooth Walking"

Closing: CD for home practice

WEEK 2

Review and Questions

Seminar:

- Posture, Spine Muscle Strength, and Spine Health
- Training the core and deep posture muscles

Re-alignment

- Lengtheners
- Presses
- Pelvis, hip and leg stretches with strap
 - Assessment, Demonstration, Instruction

On Your Belly 4 Step Set (OYB4)

- Spine Motion and Strength Assessment
- Demonstration, Instruction
- Initial Training

Standing Posture Alignment Training

- Walking: Initial assessment and instruction with optimal alignment
- Balance Isometrics: Phase 2 for "Smooth walking"

Closing: CD for home practice

WEEK 3

Review and Questions

Seminar

- Spine Stability and Endurance Training For Posture Muscles
- On Your Belly 4 Step Set (OYB4) Demonstration
 - Lengtheners
 - Arm Raise Sequence
 - Warm Up and Training Sequence

Level 1 Routine

- Re-alignment

- Hip and Pelvis Stretches With Strap
- On Your Belly 4 Step Set Training

Standing Posture Alignment

- Balance Isometrics Phase 3 With Hip Hinge
- "Smooth walking"

WEEK 4

Review and Questions

Guidelines For Exercise Classes, Weight Training

Seminar

- Training Your Central Nervous System For Better Balance
- Spine Stability For Load And Carrying Capacity

Movement Assessments

- Balance and Movement (Body Mechanics) for Spine Health And Optimal Alignment
 - Reach
 - Lift
 - Carry
 - Household
 - Yard and Outdoor Activities
- Pilates, Yoga, and Safe Movement With Other Forms Of Training
- The "Power" Routine For Anyone Short On Time

WEEK 5

Review and Questions

Hip and Abs

- Life After Abdominal Crunches Demonstration
- Sidelying Pelvis and Hip Strength Training Demonstration

Level 1 Routine..Plus!

- Realignment Routine
- Stretches With Strap
- OYB4 Warm Up and Endurance Training Sequence
- Sidelying Hip and Pelvis
- Deep Abs Training

Posture Alignment

- Functional Balance Isometrics To Body Mechanics

Closing CD instruction

WEEK 6

Questions and Feedback

Routine Review

Progressions, Sequence Demonstration, and Instruction

- Level 1 OYB4 and Abs
- Level 2 OYB4 and Abs

Reassessments

- Functional Balance
- "Active sitting" and "Smooth walking"
- Posture Photo
- Height Measurement
- Spine Curve Measurement
- Posture Assessment
- Closing: Where Do You Go From Here

