



PROGRAMS & SERVICES

☐ POWER UP YOUR POSTURE! CLASS

Tuesdays, 10:30 - 11:30 am

Thursdays, 11:30 am - 12:30 pm

Learn **3 steps** to safely build a stronger spine:

1. Unload to take the weight off your spine
2. Align your body for effective training
3. Strengthen the core and deep posture muscles important for spine health

Marcia's instruction is clear, specific and easy to follow.

- Improve your balance and body mechanics
- Discover better posture and optimal alignment
- Practice a specific exercise program you can easily implement at home

☐ THE POSTURE REVOLUTION! WORKSHOP

- Experience how to unload, re-align and build a stronger spine
- Learn how to improve your posture with activities and movements
- Understand guidelines for safe weight training and exercise classes
- Improve your balance and body mechanics
- Learn how to "smooth walk" and "active sit"
- Benefit from a specific training routine

See yourself STRAIGHTEN UP! With posture photos, height, and spine curve measurements. Marcia clearly explains bone health and how it personally relates to you.

A highly interactive approach:

- Individual Attention
- Demonstration
- Specific Techniques
- Personalized Instruction

☐ PRIVATE TRAINING SESSIONS

Call 858 581-0062 to schedule a FREE 30 minute consultation

Benefit from a thorough assessment of your posture, flexibility, strength, and body alignment. Includes posture photos, spine curve and height measurements, balance and movement assessment.

- Learn specific, customized, and easy to follow training routine
- Practice your program at home with your own personalized recorded CD and clear pictures
- Learn how to improved your posture with all activities and movements
- Progress safely with a weight training program
- Improve your height, balance, spine strength and posture alignment
- Experience specific and highly skilled techniques



PROGRAM REGISTRATION FORM

Name _____ Date ____/____/____

Address _____

City _____ State _____ Zip _____

Telephone _____ Fax _____ Email _____

Who may we thank Friend _____ Physician _____
for your referral: Other _____

In case of emergency, contact: _____ Phone _____

I would like to register for (please check all that apply):

THE POSTURE REVOLUTION! 6 WEEK WORKSHOP

Call if interested

REGISTRATION FEES

Register Now: \$275 / Register After Jan. 10th: \$300

THE POSTURE REVOLUTION! ONE DAY WORKSHOP

January 30th (The Posture Revolution - Solana Beach)

Register Now: \$200 / Register After Jan. 10th: \$225

POWER UP YOUR POSTURE! CLASS (Ongoing) Register Before Attending: \$15 per class

Tuesdays 10:30-11:30 AM

Thursdays, 11:30-12:30 PM

- | | | | | | | |
|---------------------------------------|---------------------------------------|--|--|--|---------------------------------------|--|
| <input type="checkbox"/> February 2nd | <input type="checkbox"/> February 9th | <input type="checkbox"/> February 23rd | | <input type="checkbox"/> January 28th | <input type="checkbox"/> February 4th | <input type="checkbox"/> February 11th |
| <input type="checkbox"/> March 2nd | <input type="checkbox"/> March 9th | <input type="checkbox"/> March 16th | | <input type="checkbox"/> February 25th | <input type="checkbox"/> March 4th | <input type="checkbox"/> March 11th |
| <input type="checkbox"/> March 23th | <input type="checkbox"/> March 30th | <input type="checkbox"/> April 6th | | <input type="checkbox"/> March 18th | <input type="checkbox"/> March 25th | <input type="checkbox"/> April 1st |

PRIVATE TRAINING SESSIONS

Call 858 581-0062 to schedule your private training session.

\$150.00 per hour (Health Insurance Not Accepted)

PAYMENT

Check (Payable to Tassinari Physical Therapy)

Credit Card (circle one) Visa MasterCard Discover

Card Number: _____ Exp. Date: _____ Sec. Code: _____

Cardholder's Name: _____ Signature: _____

THERE ARE THREE WAYS TO REGISTER:

1. Mail

Posture Biomechanics Foundation
PO Box 99615, San Diego, CA 92169

2. Phone

(858) 581-0062
Credit Card Only

3. Fax

(858) 581-6999

REGISTRATION POLICIES

- Registration fees must be paid in full prior to start date.
- Please make checks payable to Tassinari Physical Therapy, Inc.
- Registration fees are non-refundable, but may be transferred to another program date.
- We accept Visa, MasterCard, and Discover for credit card payments.
- Confirmation of your registration will be sent within ten working days of receipt of your registration. If we are unable to register you in the desired Program, notice will be given immediately.

PLEASE COMPLETE FORM AND MAIL OR FAX THE ENTIRE PAGE TO

POSTURE BIOMECHANICS FOUNDATION