

Equestrian Events, Inc. Presents:

LIVING IN A BODY™

An Owner's Guide to using your Body Naturally



Unfortunately, most people have never been taught how exquisitely our bodies are designed to do the basic movements of everyday life: reaching, standing, bending, sitting, walking, lifting, etc. Thus we often ask our bodies to function in ways that we are simply not designed to handle - resulting in pain, injury, and degeneration. The **LIVING IN A BODY™** workshop is open to anyone who is interested in understanding the functional design of the body.

LIAB™ offers a simple, clear, and fun exploration of the basic mechanics of human movement and support. You will learn the common misconceptions about the how the body is designed for movement and access tools to understand and effectively change your own patterns of (mis)use. The workshop incorporates basic games of sensory awareness, somatic re-education, and metaphor to illustrate and feel how your body is designed to move with ease and grace, transforming tension and chronic pain into lightness, balance and fluidity. *When you change your own understanding and habitual patterns of use, you not only change your way of going, but also the way of going of your horse!!* **NOTE: This workshop is open to all! (not just riders!)**

The **LIVING IN A BODY™** workshop has been slowly crafted by Robyn Avalon over 30 years of studying, teaching, and training others in the work of F. M. Alexander and the principles of Body Mapping. She has developed a practical and easy way to help people truly understand and embody the architecture and efficiency of our design.

Instructor:

Katie Twombly

- Crescendo Farms Owner & Trainer
- Centered Riding Level III Instructor
- Alexander Alliance SW-NW Graduate
- LIAB Workshop Instructor

LIVING IN A BODY is essential for:

- ✓ Equestrians
- ✓ Primary Educators
- ✓ Teachers and Professionals in Performing and Fine Arts, Fitness & Athletics
- ✓ Body Workers, Therapists, Health Professionals
- ✓ Anyone wanting to move with more ease and grace in anything they do!

*Payment arrangements available, contact Katie.

**LIAB™ meets CEU requirements for most professions.

Register Today!

January 13, 19 & 20, 2013

Workshop Hours: Noon-6pm* all three days.

**time schedule flexibility to meet needs of participants.*

**Cost: \$425* Includes a copy of
the LIVING IN A BODY™ manual.**

Held at: Crescendo Farms ~ Beaverton, OR

To Register Please Contact: Katie Twombly (503) 703-7950 OR e-mail: aktwombly@gmail.com

Improve your balance, awareness and sensitivity in one weekend!