



School & Community Programs

Assembly Performances in Gym

With volunteer participation, we give a multimedia, hands-on posture and fitness experience to students built around 10-20 stretches/ gentle exercises. Particular emphasis is put on Energy tapping techniques called *Reciprocals*.

Posture & Fitness Residency

Students get hands on learning experience, especially MS and HS. Residency covers values and beliefs of students regarding health, fitness and posture, school & home environment in which children live, athletics, writing and reading posture, car seat posture etc. Participants will have hands-on interaction with techniques of posture restoration stretches and exercises, athletic fitness and Energy Access tapping to obtain some quick results with relief from pain, stress with better circulation, mental clarity, and breathing. Various posture and fitness workshops can be requested by the teacher.

9 Workshops

Athletic Fitness routines Various routines applicable here

Posture Access Reconnect the energy faucets through muscle & joint awareness.
For details, learn Energy Access tapping

Sunrise routine What to do when you open your eyes in the morning?
Energize in subtle ways that makes you want to jump out of the bed.

Walk Routine What to watch out about my body's front to back and side to side balance issues? Use Stretch and Exercises techniques and Energy tapping to correct those imbalances as you become aware of them.

Reading/ Writing/ Computer Use PostureAccess™
How to overcome computer usage related stress in the upper body?

Car techniques What to do to overcome driving induced postural imbalances? Do some of these while you continue to drive or be driven by mom in the automobile.

Posture Foundation Get this straight to have optimal pain free living.
Several Hip and Pelvic exercises and Energy tapping routines.

Assess Your Posture Get better at spotting a problem and learning a technique to fix it. Learn 5 most common human frame deviations/ postural imbalances & how to fix them quickly.

General Workshop Topic suggested by the teacher or staff at the school or a mix of all of above.

Staff Training & PTA Presentation

General Workshop Educational lecture with volunteer participation in each of the above two separately.

2009 Fee Structure

(For 60 mile driving radius from Durham NC 27713)

Assembly Performances	-----\$450/1
Residency	-----\$1699/1
Workshops	-----\$199/1

Call us or send an email for Out of State (other than NC 27713 area) program quotes.