

Integral Stretch Sequence - The Method

Taught by Everett Ogawa and Nancy Fortier

Friday, March 8, 2013 6:45pm - 9:00pm (Class starts promptly at 6:45pm)

North Shore Dojo, 2081 Johns Ct., Glenview, IL

Cost: 1st time - \$65 Repeat - \$45

The Integral Stretch Sequence consists of 10 basic yin yoga poses designed to maintain and enhance the structural integration of the bodymind which results from the Integral Bodywork® 10 Sessions series. It can also function as a stand-alone aid within any program of self-maintenance or transformation. This sequence replicates the same organic flow process of change as in the 10 Sessions, culminating in deep release of the abdomen, pelvis and spine. Taller, lighter, straighter, more open, more expansive and deeper breath, increased flexibility and mobility, less pain and tightness, dynamic relaxation, sense of wellbeing and peace - these words typically describe people's experience of the Integral Stretch Sequence.

Everett Ogawa is the founder of Integral Bodywork® and has maintained a full-time practice for 21 years in Chicago. He received his initial training in bodywork from William "Dub" Leigh, the founder of Zentherapy®, who himself was a direct student of Ida Rolf, Moshe Feldenkrais, Milton Trager and Tanouye Tenshin.

Nancy Fortier has worked in the fitness industry for over 20 years. She is certified with NASM and ACE as a personal and group trainer. She came to Integral Bodywork® as a client of Bruce Loebach and Everett Ogawa. She has since completed three practitioner trainings in Integral Bodywork® with Everett Ogawa. Nancy is also a black belt student of Shotokan Karate with Sensei Jeff Kohn at the North Shore Dojo in Glenview, Illinois

Absolutely no previous experience is necessary. Please contact Rick Hiton (rhiton@hitonassociates.com, 847-542-5745) or Sensei Jeff Kohn (northshoredojohotmail.com, 847-729-0001) with questions or to register. For more information on Integral Bodywork® visit www.integralbodywork.com.

This training is sponsored by KARATE CAN-DO. KARATE CAN-DO is a 501 C-3, not-for-profit organization which provides Karate instruction for children with disabilities. The foundation thanks you for your awareness and support of our mission. Please make all checks payable to KARATE CAN-DO.