

#WonkyBodies 4 Challenge

Posture | Pain | Performance



START DATE: Monday 6th July

PostureFit #Wonkybodies series is a short program to help people address restrictions and imbalances in their own bodies. During the workshops people will be led through a program of awareness and habit. The program addresses the imbalances which can lead to pain and discomfort in muscles and joints or even hold back the more competitive client from reaching optimum performance.

Treatment is movement based on and utilises the work of Gary Wards "Flow Motion Model" discussed in his book What The Foot <http://www.whatthefoot.co.uk/>

You may have seen Gary's work presented on the BBCs Dr In The House program when he worked with a guy who suffered 25 years of back pain. Here is a short clip of that episode. [CLICK](#)

#WonkyBodies Workshops

- This program is ideal for anyone interested in addressing niggling injury anywhere in the body from head to toe or people trying to enhance performance.
- This program is a series of 4 online group workshops.
- The intention is to create habit and awareness in participants.
 - The habit is to engage in simple daily 5-minute exercise routines
 - The awareness to understand how their bodies function on a daily basis....or not
- There will be closed Facebook group for program attendees.
- The program will use the work of Gary Wards Anatomy in Motion "Flow Motion Model" to restore natural movements associated with efficient gait patterns, the human bodies most natural of movements.
- First session is a 1-hour injury history and muscle/joint screening session.
 - This process enables the participants to build a picture of their own physical history and understand how the individual events have layered up the current situation they are suffering.
- Session 2-4 x 30 minutes will include:
 - Body check-in process to identify muscle and joint restrictions on that day
 - Each session will focus on a specific element of body movement to restore alignment, balance, and efficiency.
 - Each session finishes with another check-in
 - Homework will be issued after every session – just 5 minutes per day
- Each session will be filmed on Face Book Live so will be available to view at an alternative time to the initial filming. **Watch at a time which suits you.**
- Final scheduled timetable to be confirmed
- The closed Facebook group will be open for members to ask questions during their 30day program
- Spaces will be limited
- Follow PostureFit <https://www.facebook.com/PostureFitWizard/>
- Any paid-up member to the closed Facebook group will be eligible to receive private 1-2-1 sessions at the end of the challenge without first attending PostureFit initial assessments.

www.posturefit.co.uk | hello@posturefit.co.uk | 07947614380

Alignment | Balance | Efficiency | Performance

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We ask all #WonkyBodies group members to:

- Commit to the Challenge – 5-minute bites of body restoration homework every day for 30 days. We hope you will have created habit by this time.
- Engage in group discussions and ask questions.
- Share experience which you feel may be relevant to your own understanding of your current situation and may help others.
- Be respectful to one another and please do not engage in behaviour which could be regarded as threatening or violent.

How much does it cost?

The charge of your health investment.

- The enrolment fee is just **£25 for the 4 workshops**



How do I sign up?

- Complete the online enrolment form [CLICK](#)
- Payment is by bank transfer to:
 - Posturefit Ltd
 - Santander bank
 - Sort code 09-01-29
 - Account 17964625
 - Reference is “Wonkybodies”
 - Please advise PostureFit by email when you have made your payment
- Once paid ask to join the #WonkyBodies 4 Facebook group here [CLICK](#)
- You can then start engaging with other members



WEDGES



We highly recommend participants invest in AiM foot wedges for completing the exercise routines covered during the program. We understand not everyone wants to commit additional funds, so you can substitute wedges with a folded tea towel. Instructions will be given about how to use either.

If you do want your own personal wedge set (1 large back and 2 small green wedges). Please use the BACs details above. The cost is £13.50 inc p&p and just reference “wedges”. We will post your wedges to you.

We really look forward to you joining us on #WonkyBodies.

Darren

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