

#WonkyBodies BackCare Awareness- October 2020

Posture | Pain | Performance



STARTS October 5th 6pm

PostureFit #Wonkybodies series is a short program to help you address restrictions and imbalances in your body. During the group workshops you 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 you back if you are competitive and want to reach optimum performance.

Treatment is movement based on, and utilises the work of **Gary Ward's Anatomy in Motion "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 Intro 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 your body functions on a daily basis....or not
- There will be closed Facebook group for you as a member.
- 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 body's most natural of movements.
- **First session** is a 1-hour injury history and muscle/joint screening session.
 - This process enables you to build a picture of your own physical history and understand how those individual events have layered up the current conditions you are suffering.
- **Session 2-4** x 30 minutes will include:
 - Body check-in process to identify muscle and joint restrictions in your body on that day
 - Each session will focus on a specific element of body movement to restore alignment, balance, and efficiency.
 - Each session finishes with a 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 for you to view at an alternative time to the initial filming.
- Final scheduled timetable to be confirmed.
- The closed Facebook group will be open to you and other members to ask questions during the 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

#WonkyBodies BackCare Awareness- October 2020

Posture | Pain | Performance



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 the end of the program.
- Engage in group discussions and ask questions.
- Share your experience which you feel may be relevant to your own understanding of your current situation and may even 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
- Alternatively, you can request an electronic invoice to be sent to your email. This request can be made during enrolment but does attract a handling charge of £1.50.
- Once paid ask to join the **#WonkyBodies BackCare Facebook group** here [CLICK](#)
- You can then start engaging with other members



WonkyWedges



We **highly recommend** you invest in a set of 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 orange 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

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

Alignment | Balance | Efficiency | Performance