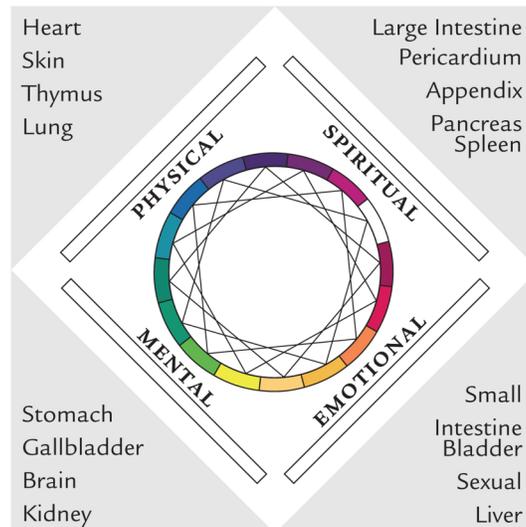


## MERIDIAN FLEXIBILITY WORKSHOP

Meridian Flexibility is the most powerful movement technique available. All 16 organs of the body will be powerfully detoxified and balanced physically, mentally, emotionally and spiritually through this powerful movement technique.



- Meridian Flexibility is a series of 16 stretching movements. Each of the different meridian lines associated with the 16 organs will detoxify and positively affect the physical, physiological and psychological aspects of the body. This system is based on an overall approach to health and well-being. The system is also rooted in the belief that one can't be of sound body without sound mind
- It's the most powerful detoxification/strength/stretch/emotionally balancing movement technique ever developed. This technique mimics how people and animals are naturally inclined to stretch. I incorporate my training in neurology and energy medicine to give you the most powerful detoxification workout you will ever experience. My combination of stretching and strengthening techniques improves the different types of tissues including muscles, fascia, tendons, ligaments, joint capsules, cartilage, bones, circulatory and lymphatic flow, oxygenation of blood, endocrine function, cerebrospinal fluid etc...
- Meridian Flexibility incorporates e-centric strengthening and stretching, originally developed by NASA and still in use in their space programs to promote health and anti-aging strategies for astronauts.

Learn how these worlds and their corresponding organs effect every area of your life!

**NEXT CLASS DATE: ALWAYS ON A SUNDAY NOON-3:00 EMAIL FOR CURRENT DATE REGISTER TODAY!**

Cost of Workshop: \$295/person. Payment must be received at registration and is non-refundable.

Materials: Please purchase the book "Genius of Flexibility" by Bob Cooley and bring to workshop

Bring a yoga mat, towel , yoga block or small pillow., small snack and water. Attire: Loose gym or yoga clothes.

Register by emailing: [star@starspauptown.com](mailto:star@starspauptown.com)