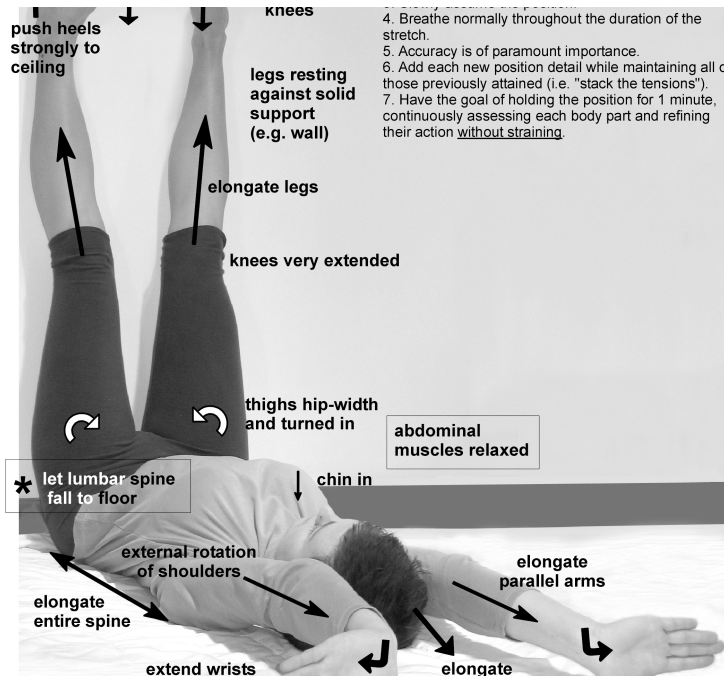
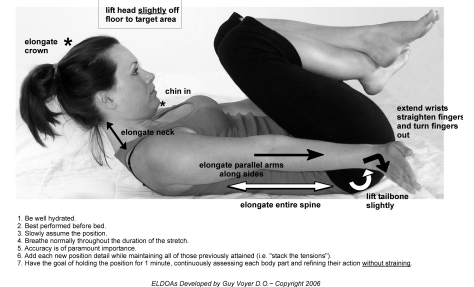


ELDOA CLASS WITH BARBRA ROSE PERRY

WEDNESDAYS 2-3 PM * JANUARY 16TH - MARCH 13TH (FEB 13TH OFF)



ELDOA for C2/C3



JANUARY 16TH - MARCH 13TH

FOCUS FITNESS* WOOLEN MILL* SUITE W22 *2-3 PM

\$120.00 FOR 8 CLASSES

\$20.00 /CLASS FOR DROP INS (PREARRANGED)



BARBRA ROSE PERRY RMT

*CRANIAL SACRAL THERAPY

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*LOMI LOMI

*ELDOA LESSONS

*OSTEOPATHIC TECHNIQUES

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ELDOA ARE UNIQUE, HIGHLY EFFICIENT OSTEOPATHIC STRETCHES DEVELOPED BY INTERNATIONALLY RENOWNED DR GUY VOYER, DO. AVAILABLE ONLY AT A FEW ELITE CLINICS AND FROM PRACTITIONERS TRAINED BY DR VOYER. ELDOA ARE BECOMING SOUGHT AFTER RIGHT UP TO HIGH LEVEL OLYMPIC TRAINING CAMPS.

BARBRA ROSE STUDIED OSTEOPATHY PART TIME WITH DR VOYER FROM 2000-2009 AND WAS TRAINED IN THE ELDOA. SHE HAS BEEN OFFERING THESE STRETCHES IN HER PRIVATE PRACTICE FOR MANY YEARS AND IS EXCITED TO NOW OFFER A GROUP CLASS IN KINGSTON.

BENEFITS OF ELDOA:

*IMPROVEMENT IN SPINAL JOINT MECHANICS

*INCREASED BLOOD FLOW

*REDUCED PRESSURE ON DISCS

*REDUCTION IN PAIN

*SPINAL DISC REHYDRATION

*IMPROVED POSTURE

*SENSE OF WELL BEING

*REDUCTION IN THE EFFECTS OF ARTHRITIS & SCOLIOSIS

*STRENGTHENING OF THE SPINE

*INCREASED SPINAL FLEXIBILITY

*IMPROVED NEURO-ENDOCRINE HEALTH

*REDUCTION IN HEADACHES