



THE **LEAN** BERETS

AVENGERS OF HEALTH!

“The Art & Practice of Restorative Movement”

Classical Physical Education Workshops by The Lean Berets

“Restorative Arts” was one of the three main content areas of classical PE (1885-1920). The idea was “restore” the body to a *natural state* while teaching precision and safety of movement before focusing on increased weight, volume, intensity, and sports. The Restorative Arts provided “*life skills for self-care*” with simple tools and gravity training through increased physical literacy. *These vintage methods are just as important for the modern world.* Learn these and more at our upcoming “Restorative Movement” workshops. ☺

You will learn...

- how to spot “**iPosture**” – misalignment from overuse of technology
- principles of fully aligned movement: standing, sitting, moving
- how to avoid injury by aligning posture before adding the load of any sport or dance movement
- how to use cross-lateral and spiral movement patterns to enhance wellbeing and whole-brain balance
- the history of and theory behind restorative movement

You will come away with tools you can use for...

- improved mobility of shoulders, arms and wrists
- improved posture, coordination, and timing
- a new approach to “moving meditation” and relaxation
- increased vitality and what was historically called “*organic vigor*”

Who should attend these workshops?

- Anyone involved in mind-body balance practices
- Personal trainers, coaches, PE and dance teachers

AND anyone who...

- would like to experience the pleasure of postural alignment
- wants to be more comfortable, functional, and safe in sports participation
- works with people of any age who want to avoid injury – especially children and teens in sports activities
- deals with postural stresses as part of their work environment
- would like to bring mind-body movement to students of any age
- would like to enhance their physical education program
- anyone who’d like to bring more comfort, range of motion, flexibility and agility into their life

UPCOMING EVENTS... <http://theleanberets.com/events>

* Lead Instruction by Ron Jones, MS, Credentialed PE & Health Science Teacher, Historical Kinesiologist