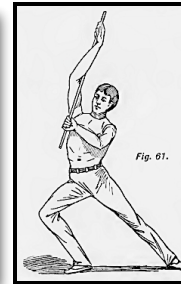
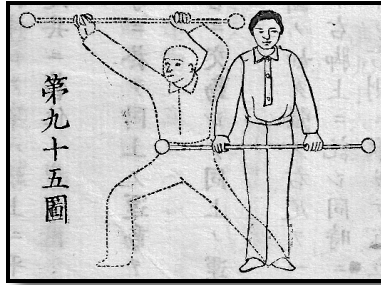
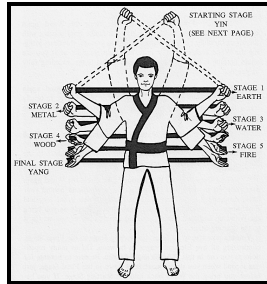




THE **LEAN** BERETS

AVENGERS OF HEALTH!

Restorative Arts & Health Wand Workshop



“Wand” exercises have been used for generations. Earlier forms are traced back to ancient China. American physical culture also used exercise wands extensively from the late 1800s into the early 1900s in classic physical education restorative arts. Millions have used wands to promote better posture, joint mobility, to restore shoulder and spinal function and even deliver better strength. Wands can also deliver a nice mind/body connection and improve breathing.



Workshop Content Areas: Historical Wand Overview, Eastern vs. Western Usages, Western 4-8 Count Flows, Ancient Chinese 17 Exercise Restorative Flow, & Combination Flows Using Both East & West Methods with *LOTS of hands-on practice!*

- **Date:** Saturday, June 21st, 2014
- **Time:** 5:00-7:00 PM
- **Place:** Pioneer Park, 421 Nimrod Street, Nevada City, CA 95959
 - **Near the band shell area*
- **Local Sponsor:** Form Is Function & Eric Kenyon, SFG
- **Price:** \$35.00/Each
- **Includes:** Hand-Made Hardwood Wand (1”x5’) & Workshop Attendance
- **NorCal Contact:** Eric Kenyon; erickenyonrkc@yahoo.com; 510.393.2568



Space & Exercise Wands Are Limited! **RSVP NOW!**