



THE LEAN BERETS

AVENGERS OF HEALTH!

Restoration, Re-Creation, & Rejuvenation:

Optimizing Mind & Body Through Classical Movement

Breakthroughs International Conference-San Diego, CA-11:30-12:30 Saturday, August 3rd, 2019



1. Find Your Center ☺

- Simple routine to connect feet, postural line, and breathing.

2. Gliding Gait

- Learn and practice historical essentials of gait training to walk well with *economy of movement and energy reserve*.

3. Health Wand

- This restorative art tool was one of the most popular for decades. Learn 6-8 efficient and essential movements for gently opening the body, improving joint mobility, and flexibility.

4. SandBells

- A fun and non-threatening soft disc filled with sand for cross-lateral patterns to enhance brain, body, and the *joy of movement*.

5. Demonstrations + Q&A

- I'll be available for demonstrations and discussion. Various implements like light Indian Clubs, Persian Clubs, training sticks, etc. will be demonstrated and explained for those interested after the instruction period. **The restorative Circular, Spiral, and Figure-8 patterns will be emphasized.*

*Instruction Time: 60 Minutes by Ron Jones, MS, Historical Kinesiologist, Physical Educator

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