

# The Art and Practice of Restorative Movement

*Experience training tools from the “Golden Age of Fitness”  
– Indian Clubs, Health Wands, Meel Sticks – and a modern counterpart, SandBells –  
and gain a new awareness of how cross-lateral and spiral movement patterns  
can support you in health, alignment, and whole-brain integration!*

**Saturday, May 7, 2016 • 8am - 5:30pm**

2969 N. Greenfield Road • Phoenix AZ 85016 (north of Thomas Rd. at 20<sup>th</sup> Street)

## Who should attend this workshop?

- Personal trainers, coaches, PE and dance teachers
  - Anyone involved in mind-body balance practices
- 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
  - would like to bring more comfort, range of motion, flexibility, and agility into their life

## Testimonials

*I have been a PE and health teacher for decades, and lifelong athlete, with a total of 10 surgeries on knees, hips, and shoulder. At almost age 60, I wanted to find movements to do that would keep me out of pain. After working with Ron Jones, I've been using the Health Wand and Indian Club exercises he taught me, and I feel much better. I'm more flexible, I move and enjoy life, and am virtually pain free.*

~ Jane Lutz, MS, LMT

Ball State Basketball Hall of Fame  
World Record Softball Throw

*My work led me to have bad posture, which led to severe shoulder pain. For a long time I couldn't even put clothes on in the morning without severe pain. Ron showed me how to do restorative movements, specifically with Indian Clubs and Wands, which helped restore movement in my shoulders. I can move in any direction without any kind of pain, and I feel great.*

~ Molly, engineer, Ventura, CA



**Ron Jones** is an ACSM Health Fitness Specialist who holds degrees in Kinesiology/Sport & Exercise Psychology and Physical Education, is a Barefoot Rx Specialist, and credentialed PE and Health Science teacher. He loves sharing his passion for mind-body movement through the use of “vintage” tools from the “Golden Age of Fitness.” Ron is founder of “**The Lean Berets - Avengers of Health.**”



## 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
- cross-lateral and spiral movement patterns that enhance wellbeing and whole-brain balance
- the history of and theory behind restorative movement

## You will come away with techniques 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”

## About Restorative Movement tools

**Indian Clubs** come from a 5000-year-old tradition of mind-body training in the Middle East and India. They were a standard part of true “physical education” training in the United States during the “Golden Age of Fitness” - 1880s through 1920s - and were a competitive event in the 1904 and 1932 Olympics. We'll use 3/4-lb and 1-lb clubs in class.



**Meel Sticks** are short rods that can be used in a way similar to Indian Clubs. Easy to create yourself, they're a great introductory tool.

**Health Wands** are lightweight poles whose use originated in ancient China. Through simple movement patterns related to Tai Chi, users flow through bending, twisting, and stepping movements to create strength, health, and vigor.



**SandBells** are soft, sand-filled discs that provide active resistance for stabilizing core muscles as you move through cross-lateral and spiral movements, unwinding tension and

**Registration: \$125**

*All tools provided for class experience*

Register online at: <http://tinyurl.com/hybuf8r>

Indian Clubs, Wands, Meel Sticks and DVDs available for purchase  
More info and video links at [www.centeredge.com/restorative.html](http://www.centeredge.com/restorative.html)

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Local sponsor Kathy Brown: 602-672-7001 • [kathy@centeredge.com](mailto:kathy@centeredge.com)