



ChiWalking®

Special Introductory Offer: Three Hour ChiWalking® Class

Focus Your Mind • Strengthen Your Core • Energize Your Life

Most people don't know how to walk correctly!

Pain, injury and dissatisfaction are the outcomes that many people experience as a result of walking improperly. It doesn't have to be that way. You can enjoy and improve your walking with the ChiWalking method because it offers an entirely new approach to creating health, fitness and well-being. This approach makes walking easier on your body and it helps improve and eliminate the aches, pains and discomfort of walking incorrectly. Since walking is such a basic every day activity the benefits of doing it correctly hugely impact all areas of our lives.

CREATE BALANCE in your body and yourself with ChiWalking. ChiWalking will teach you to move from your center -- your core -- and not use your legs to walk! You'll learn proper body alignment and movement techniques that will give you a powerful sense of balance and stability, as well as relaxation and spaciousness in your body and mind. The ChiWalking program combines the inner focus and flow of t'ai chi with walking to create efficient and graceful movement. This approach engages the use of your core muscles for propulsion instead of relying solely on your legs.

ChiWalking emphasizes proper biomechanics of walking, based on principles of T'ai Chi, including:

- Correct body alignment
- Proper Core engagement
- Efficient, relaxed movement --Walk longer and faster with less effort
- Injury prevention – comfortably reduce stress and strain on your joints and muscles.

Walking has improved the health and longevity of millions of people. ChiWalking is an inspirational, mind-body, health and fitness program that will get you up and out feeling good, and moving towards better health for the rest of your life.

**Join us for our Very Special Offer three hour Introduction to ChiWalking Class.
It will change the way you walk for the better!**



Location: Poinsettia Park – 6600 Hidden Valley Road, Carlsbad, CA (meet at south end of parking lot between tennis courts and soccer field)

Date: Saturday, April 21, 2007

Time: 9:00 am – 12 pm (noon)

Cost: \$30 – Normal price is \$75: That's a 60% savings!!

Instructor: Ben Boyd, Certified ChiWalking Instructor

www.effortlesswalking.com

For more info and to register, please call

1-858-831-1910