

MANAGING PAIN WITH PROPER BODY ALIGNMENT & STRETCHES

**BY
CHRIS WATTS**

If you experience any form of movement discomfort and pain, you can benefit from this interactive workshop on postural re-alignment through postural corrective exercises. Learn the importance of having a good posture and incorporate dynamic movements into your daily routines to help stabilize your spine. Educate yourself on how to correct your posture and reduce your risk of developing debilitating pain that will compromise your productivity at work and in your daily activities.

This interactive workshop will illustrate

- . Posture & It's Function
- . Dynamic Movement
- . Back Pain Solutions
- . Smart Fitness & Wellness
- . Defying Gravity
- . To Be Physically Intelligent
- . Water – The Cheapest Medicine
- . Evaluating each other's posture
- . Live Demonstration
- . Q&A

Chris Watts is an international recognized manual therapy practitioner and kinesiologist with a strong standing in the health, fitness and well-being community. He is Asia's pioneer in therapeutic stretching, injury prevention and manual movement modalities. Voted as one of London's 50 Most Wanted Health Gurus, Chris appeared in TV programs, Radio Talk Shows and has been profiled in International Print Media.

**Location: Momentum Lab
354 Alexandra Rd #01-15 Alexis
Date: 15th September 2015
Time: 10 – 11:30 AM
Call 63392210 or SMS 8228 1337 to Register
Price: \$15
Book Now! Limited Space!**

(*Complimentary Fitness & Therapy Session worth \$200)

***Terms & Conditions Apply**