



Stretch Your Life for Action and Vitality!

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For Immediate Release

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Canadian Ski Team reveals their training secret

AWARENESS THROUGH MOVEMENT LESSONS HELPS SKIERS HEIGHTEN THEIR FLEXIBILITY, BALANCE AND COORDINATION ON THE SLOPES

Kitchener, ON, April 30 - Skiers can train like the Canadian Ski Team to enhance their flexibility, balance and coordination on the slopes. The secret training method used by the Canadian Ski Team is Feldenkrais Awareness Through Movement® lessons. Fortunately, skiers do not have to go all the way to Whistler, BC to take lessons since there is a Feldenkrais Awareness Through Movement teacher right here in Kitchener, Karen Toth.

The Feldenkrais Method is a mind and body workout, which focuses on fixing unfamiliar or awkward posture through basic movements that stimulate and heighten body awareness. It is furthermore an education system, teaching students alternative ways to move their bodies with efficiency and less energy. This in turn minimizes the everyday stress they put on their lives and bodies, thus reconnecting them with their natural abilities to move, think and feel.

The Canadian Ski Team conditioning coach said, “Better organization between the head and the body leads to fewer problems. The skiers are coming back with amazing testimonials.”

Karen offers ATM lessons at her Pilates studio, “Stretch Your Life Pilates” in Kitchener. The Feldenkrais classes are not for those looking for a fast pace hard workout. It is similar to entering a classroom full of concentration and your textbook is the body. Movements are simple as baby movements and the brain works overtime.