

GIVE ME 10 DAYS AND I'LL GIVE YOU A HAPPIER BODY

Set this card down and close your eyes for a moment. Relax your body—let your hands go limp. Now: focus and ask yourself, **Where do I hurt?**

Your neck? Shoulders? Lower back? How about your knees?

Special 10-part workshop unlocks the secrets to a lifetime of effortless movement.


If you're over 30, you probably hurt someplace. Maybe several different places.

Well, guess what?

You don't have to!

You don't have to accept the pain as "what happens as you age." **You don't have to** live with that old knee or shoulder or back injury for the rest of your life.

Join us at Pacific Movement Center this fall for a dynamic, 10-session workshop that will reveal how easy it is to ease the pain—from your stiff neck, all the way down to your aching feet. The unique **Franklin Method** combines education and exercise to lead you toward a freer, happier body. The body you were meant to have.



What's holding you back?

Fridays 10 am to noon at Pacific Movement Center Pilates and GYROTONIC®

Call for details. Classes are subject to rescheduling or cancellation.

PACIFIC MOVEMENT CENTER

660 Camino Aguajito
Suite 204
Monterey CA 93940

Join certified Pilates and GYROTONIC® Instructor Donna Luder at the above address for this exclusive series. Your body will thank you.

Fridays from 10am-12 noon.

Sept 9	Pelvic Power!
Sept 22	Pelvic Power, Part 2!
Sept 29	Hip Joints
Oct 6	The Dynamic Knee
Oct 13	The Dynamic Knee, Part 2
Oct 20	Spine
Nov 3	Spine, Part 2
Nov 10	Neck & Shoulders
Nov 17	Shoulders
Dec 1	Feet
Dec 8	Feet, Part 2

If you book in advance, the cost of each workshop is \$60, or get all ten for only \$500. For more information, call (831) 648-9314 or visit www.pacificmovementcenter.com and click on "Workshops."

Reserve your spot now! Classes may be cancelled if the minimum number of students isn't met.