

What is Reposturing Dynamics Therapy?

The Pain Elimination Method

Reposturing Dynamics Therapy (RDT) is a system of stretches and massage techniques designed to restore balance and flexibility. These and many other benefits are the effect of great posture.

Chronic shoulder tension, Headaches, Intestinal problems, IBS, Low back pain, Sciatica, Knee, Joint, Feet problems and many more chronic issues are all related to postural alignment.

With RDT we work together to correct these ailments or at least stop them from getting worse. YOU can have the vitality and health you deserve but didn't know was possible.

The system was developed by sports massage therapist and posture researcher, Aaron Parnell, after working with Olympic athletes to improve their sports performance, including strength and flexibility.

Whether you have chronic pain, limited movement or your energy and vitality for life is not what it once was, RDT is for you and the sooner the better.



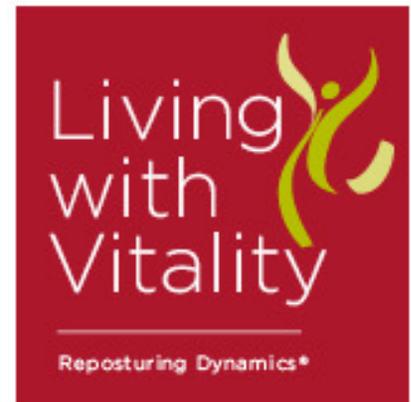
The Spa at Harbor Bay
200 Packet Landing Road
Alameda, CA 94502

**Reposturing
Dynamics
Therapy**

Phone: 510-521-5509
www.harborbayclub.com

Reposturing Dynamics Therapy

*with Ann Moore CMT, CRT
Reposturing Practitioner / Instructor
& Massage Therapist*



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For appointments
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Or call:
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What Happens During a Reposturing Dynamics Session?

Reposturing Dynamics is a combination of stretching, massage, the power of breath and exercises designed to reinforce the structural changes that may occur.

Reposturing Dynamics is a system of stretches and massage techniques designed to restore balance and flexibility to the body.

Reposturing Dynamics is participatory, with the therapist leading the client through deep breathing and different stretch positions.

Additional exercises or stretches are taught to support the rebalancing process. The sessions can be intense and emotional at times, as stress is released from each muscle group. You are always in charge of how fast and how far you progress in any one session. The results are very rewarding and relaxing. Truly a transformational bodywork process.

The structure and flow of each session is tailored to your situation. Everyone is different so we first work on the areas that will yield the most significant result for you.

All sessions are done in comfortable workout attire.

About Ann

Ann is a passionate high-energy Reposturing Practitioner/Instructor and Massage Therapist.

She offers transformational bodywork to relieve tension patterns through the whole body while bringing your natural vitality back to life. Ann has 25 years of experience providing hands-on treatment.

Ann is specifically trained to treat acute and chronic pain and release tension patterns created by use, time, and gravity.

Stretchersize Workshops will be offered by Ann soon.

Why do we need RTD?

In our daily activities everything we do is in front of us. We repetitively use computers, pick up our children, drive, sit at a desk, do the dishes and more.

Over time we become imbalanced. Our bodies are pulled forward. Tension patterns have been created and this causes pain and unnecessary wear and tear.

The effects of gravity and poor support work against us humans since we stood up. Reposturing brings back strength, vitality and natural freedom of movement by restoring balance.

Prices

Reposturing Dynamics Therapy

Initial Assessment 1 1/2 hours

Required prior to all other appointments.

An initial Assessment is needed to determine the course of action needed for each individual. If you have met with Ann for an Assessment previously the initial assessment is not needed. If this is your first appointment with Ann then book a 1 1/2 hour Assessment.

	<u>HBC Members</u>	<u>Non-Members</u>
1 1/2 hours	\$120	\$140
Initial Assessment		

Reposturing Therapy Sessions

	<u>HBC Members</u>	<u>Non-Members</u>
1 hour	\$ 90	\$100
1 1/2 hours	\$120	\$140
1/2 hr Tune-up	\$ 52	\$ 57
(Tune-ups by Ann's recommendation)		

**Workout Attire is worn during all sessions.

** Prices subject to change

