



CHIBALL RELEASE FOR BUILDING OPTIMAL PERFORMANCE: BUILDING AWARENESS - Lynley Gladdis

Proper form is the key to safe and effective workouts. Maintaining correct alignment, body position, balance and breathing during exercise requires a well-developed kinesthetic awareness that does not come naturally to most of our participants.

Discover how ChiBall Release exercises can help to cultivate movement awareness, enabling PY clients and class participants to achieve dynamic, functional posture, eliminate counterproductive muscular tension and promote graceful, efficient movement.

Lynley has been presenting nationally and internationally for over 15 years and anyone who has done her sessions love her presentation style and sense of humour. Not only does Lynley have a Diploma of Remedial Massage and Remedial Therapy and has been practising for 11 years, she is also Master Trainer for ChiBall™ and teaches and trains teachers in the Pilates technique.



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