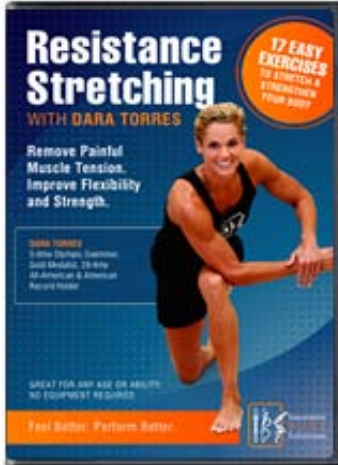




Innovative Body Solutions Present...

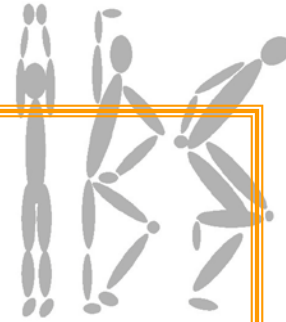
www.InnovativeBodySolutions.com



A Unique **Flexibility Intensive** with 5-time Olympian **Dara Torres'** Trainers, Anne Tierney and Steven Sierra.

Learn the Ki-Hara Resistance Stretching System and discover how to **problem-solve** your own body and get a great **core workout**.

Our philosophy with **Ki-Hara Resistance Stretching** is to create **balance and efficiency** in the body. We move the body how a body moves in real life – both concentrically and eccentrically and **multi-joint / multi-movement rotations** that grab more of the muscle fibers. Our focus is strength throughout the entire range of motion.



Where: Roots and Wings | 317 N. Main Street | Natick, MA

When: (Saturday 11:30am-6pm; Sunday 9am-4pm)

Cost: \$500

Contact: To reserve a place or for more information, please contact Anne Tierney at: Anne@InnovativeBodySolutions.com or by phone: 847-687-6416

What to Bring: Comfortable clothes; water; towel; yoga mat if you have one.

How it Works: In a small group setting, you will learn all **16 Ki-Hara self-stretches** from *RESISTANCE STRETCHING WITH DARA TORRES DVD*, **16 Assisted Stretches** and how to Assist others, **Problem-Solving** and **MASHING!!!!**

More Information: Anne Tierney and Steve Sierra will be leading this Certification. They have worked on numerous professional and Olympic athletes as well as clients with severe back and heart problems, cerebral palsy, numerous injuries, and everyday individuals. They were both the lead trainers involved in the NBC makeover of "The Today Show" Anchorman Al Roker and his quest to get rid of back pain. They currently work with 5-time Olympian and American Record Holder Dara Torres as she competed in Beijing 2008 as the oldest female Olympic swimmer ever who is now tied for the most Medals by a female swimmer.

www.InnovativeBodySolutions.com

"I feel Ki-Hara has allowed me to expand my functional athleticism as well as develop strength through greater ranges of motion which has directly benefitted my hockey. It transfers to more power, strength and speed. I've traveled around the World and I have never experienced any body work like theirs." – Hayley Wickenheiser, 2x Olympic Gold-Medalist currently training for Vancouver 2010

Featured In:

Fitness RX (Sept 09)
SELF (Aug 09)

VOGUE (March 09 issue): *The Body Elastic*

MEN'S JOURNAL (Jan09): *A Better Way To Stretch*

OUTSIDE MAG (Jan09): *Why 1 Olympian needs 2 Professional Stretchers*

TIME (July)

BEST LIFE

NY Times Magazine: "They (Anne & Steve) are my Secret Weapon"

Washington Post

ESPN (E:60 Dara Torres – Torpedo)

CNN (Dara Torres: How She Does it)

CBS (The Phelps and Torres Effect)

NBC (The Today Show)

The TYRA Show (Mashing: Dara Torres' Secret Weapon)

NPR (Stretching It Out)