

Introduction to Stretch Therapy: Winter Term 2017!

Course Dates: Tuesday 18 July 2017 - Tuesday 19 September 2017 (10 weeks)

Stretch Teacher Sonja Schmid is pleased to offer an Introduction to Stretch Therapy course commencing in July 2017.

Why should I do Stretch Therapy?

Stretch Therapy (ST) is the most advanced and accessible stretching system available anywhere in the world today. ST was previously known as Posture & Flexibility (P&F), and was first developed here in Canberra (at the ANU) in 1988. ST also includes balance, strength and coordination. Mobility and flexibility play an integral role in our physical and mental well-being. Regular stretching allows us to release muscular tension, manage injury, and relieve common aches and pains associated with stress, or too much work at the computer!

Our ST courses provide an excellent path to improving your overall mobility, posture and flexibility. In a 75 minute weekly class you will learn about your own patterns of tension, and how to change them reducing inflexibility and stiffness. You will gain a deeper insight to yourself, your body will feel less tension, your range of movement will increase and you will be more relaxed. Most importantly, stretching is fun and feels fantastic! You will notice improvements in the way you move and feel. Put simply, improving flexibility improves the quality of your life. For more information on ST go to:

www.stretchtherapy.net

Why should I do the Introduction to ST course?

Sonja will offer a specific Introductory course on a Tuesday evening. The Introduction to ST course is recommended for those who may not have undertaken a course of any type of exercise, before. This course is undertaken at a more gradual pace, progressing slowly from basic movements to more advanced stretches. The Introductory course will suit those who are unfamiliar with stretching, or who may be returning to movement practice after a period of time away.

Statement of Inherent Risk

ST is a form of exercise and physical activity. When deciding if ST is an appropriate activity for you, you must consider your individual condition, including: Age, Injury History and Fitness Level. For example, you will need to be able to get up and down from the floor with ease, be able to move onto your hands and knees, and be comfortable with your balance.

During an ST class you will be given the opportunity to participate in a variety of stretching techniques including: static holds, dynamic movements, proprioceptive neuromuscular facilitation (PNF), fascial work (aka 'roll stretch' using tools like dowels and balls), balancing, and partner work using the coaching model. It is your choice and responsibility to determine whether or not you want to participate in any particular activity, and remember that we can always give you alternatives if you decide that a certain activity does not suit you.

Winter Term 2017 Introduction to ST Course Details:

Day	Time	Teacher
Tuesday – Introduction to ST	7:15pm - 8:30pm	Sonja

Location:

O'Connor Uniting Church (OUC) Hall, corner of Brigalow & Scrivener Streets, O'Connor. Parking is available from both the Scrivener and Jarrah Street entrances.

Enrolments:

Please contact Sonja as soon as possible to secure your place in a Winter term 2017 course. Phone and email enrolments commence 12 June 2017. In person enrolments commence 3 July 2017, and will take place on the following days:

Week 10 Autumn Term 2017

- 1) Monday 3 July 2017 - from 6.00pm – 7.30pm (Sonja's classes)
- 2) Tuesday 4 July 2017 – from 6.00pm – 7.30pm (Sonja's classes)

Week 1 Winter Term 2017

- 3) Monday 17 July 2017 - from 6.00pm – 7.30pm (Sonja's classes)
- 4) Tuesday 18 July 2017 - from 6:00pm – 7.30pm (Sonja's classes)

Makeup classes:

Sonja and Merryn work together to provide students with the opportunity to makeup missed classes during the 10 week Winter term course. Should you not be able to attend your enrolled class time, you may makeup that class in any of the class times offered by Sonja or Merryn. Makeup classes are offered in good faith, and may only be taken within the course dates 17 July 2017 > 21 September 2017. Makeup classes are not refundable or transferable.

All students are welcome to do makeups at all class times, including in the Introduction to ST course with Sonja.

Students who attend classes at the OUC Hall are welcome to do makeups at the Les Explorateurs Hall, and vice-versa.

Fees:

The 10 week course fee is \$180 per person; your fee of \$180 has been calculated to cover 10 classes. Should you not be able to attend a class, no refund will be provided. No pro-rata course attendance is offered, and enrolment is not transferable to another person without prior consultation and the express permission of your teacher.

WINTER 2017 Term Regular Timetable:

Day and Class Type	Time	Teacher	Location
Monday - ST	6:00pm - 7:15pm	Sonja	O'Connor Uniting Church Hall, O'Connor
Monday - ST	7:15pm - 8:30pm	Sonja	O'Connor Uniting Church Hall, O'Connor
Tuesday – ST	4:00pm - 5:15pm	Merryn	O'Connor Uniting Church Hall, O'Connor
Tuesday – ST	6:00pm - 7:15pm	Sonja	O'Connor Uniting Church Hall, O'Connor
Tuesday – Introduction	7:15pm - 8:30pm	Sonja	O'Connor Uniting Church Hall, O'Connor
Wednesday- ST	4:30pm - 5:45pm	Merryn	O'Connor Uniting Church Hall, O'Connor
Wednesday- ST	5:45pm - 7:00pm	Merryn	O'Connor Uniting Church Hall, O'Connor
Thursday – ST	4:00pm - 5:15pm	Merryn	Les Explorateurs Scout Hall, Ainslie

Contact:

If you are interested in joining the Introduction to ST Course for the Winter term 2017, or have any questions about the course, please don't hesitate to email **Sonja** using the information below:

Sonja Schmid	sonjaschmid6691@gmail.com
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