

INFRASTRUCTURED

Making your life your workout

August 2014 - In This Issue:

SPIRALING® MOVE OF THE MONTH

ESSENTIAL OIL OF THE MONTH

WEEKLY CLASS SCHEDULE

ESSENTIAL OILS PREMIER EVENT!



INFRASTRUCTURED

Where the Best Get Better!

Infrastructured's Sensation System® was designed to provide state-of-the-art biomechanical therapy for pain relief and weight loss.

The Institute's Practitioners and Spiraling® Trainers use

Welcome to Infrastructured Institute's Spiraling Community!

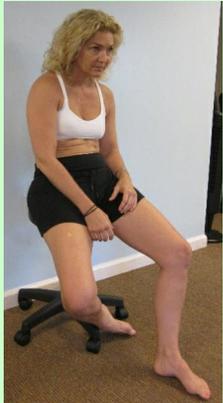
This month's newsletter starts with my gratitude for you, the spiraling community, and your hard work and dedication to your health and well-being - and most important, for letting me be a part of your journey! I am inspired every day by you and your body stories!

This month's self-repair is about how spiraling can assist your seated posture habits while engaging more core muscles that boost your metabolism. See the Do's and Don'ts and Spiral up!

This month's feature video is a Fundamental of our process: Rolling Bridge 101.

this highly developed expertise to reset pain and metabolism-boosting posture that enables YOU to control (not manage) your own pain and inactive fat stores.

Posture Dos & Donts

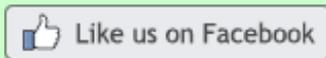


DON'Ts



DO's

While sitting in a chair use your Spiraling® form: Heels and big toe balls anchored to ground, Knees pointing to pinkie toes, Hips neutral, ribs lifted, shoulders relaxed and blades in back pockets, chin tuck, ears against invisible headrest. Breath belt x5. Spiral up using all 640 tools on your body!



Our classes are a means to retrain your muscle memory to relieve your joint pain and engage your dehydrated third chain.

Every Infrastructured 640 class:

- *Renews body awareness and balance
- *Teaches you the formula for form for life
- *Accesses and addresses your unique compensatory patterns causing body issues
- *Restores core flexibility and fluidity
- *Teaches you solutions to self-repair joint pain
- *Maximizes body and brain function
- *Reactivates abdominal 8-pack
- *Lets you see measurable differences in body fat & height in 1-3 classes
- *Enables you to transform bad habits in 10

Next month will be awesome as the fall season is a time for change and growth. See you soon!

Michele

Michele Diseati, AADP
Kinesiotherapist

Spiraling® Move of the Month

Rolling Bridge

This solution integrates core from arches to neck muscles. Engage your 640 muscles as you exhale and roll down 10 times today. This will help with joint pain and fat store removal, anytime, anywhere.

[Watch the Rolling Bridge Video.](#)



Essential Oil of the Month

Lemon



This essential oil powerhouse is cold-pressed from lemon rinds to preserve its delicate nature and potent properties. Lemon is known as a powerful aromatic, topical and internal cleanser (**try a drop in a glass of water first thing in the morning**) that can be used to complement many other oils. Diffusing lemon in a room can cleanse the air and uplift mood. It can be used on surfaces throughout the home as a non-toxic cleansing booster.

640 Weekly Class Summer Schedule

Tuesday	5:30 - 6:30 PM	REBOOT U	
Wednesday	6-- 7 PM	SHRED	
Friday	10-11 AM	YOGA	
Saturday	11-2 AM	REBOOT U	August 9, 23
			Closed 8/16,30

Regular class schedule will resume on August 26th.

Introduction to Essential Oils Special Event at Infrastructured Institute

Fabulous opportunity to learn about essential oils from Robin Graham, DoTERRA Wellness Advocate who will be visiting from California!

Come join us on:

Sunday, August 17th - 1 to 3:00 PM

and find out about Natural Solutions for keeping you and your family healthy without prescriptions or over the counter drugs.

Emerging clinical research shows the power of pure essential oils in fighting a wide range of health issues in people of all ages. Using natural medicine to renew your health is our mission.

This **FREE** class (including free oil) will explore the potential benefits that essential oils have for you, how they are used, and why they are working for millions of people around the world that have taken control of their health care too!

Come and learn with us!

3 ways to reserve your spot today ...

- 1. Call 301-230-3131**
- 2. E-mail officemanager@infrastructured.com**
- 3. Click below to register online**

Workshop Registration



Bionic Woman of the Month

Lindsay began working with Michele in May 2014 after suffering two severe concussions as an athlete.

She sought treatment from multiple physicians and healthcare practitioners with little relief from debilitating headaches and neck pain.

Working in private sessions with ungluing and renew process of Spiraling with Michele one to two times per week and attending Reboot, Shred, and Yoga classes has enabled Lindsay to rebuild 1/3 of her entrapped and atrophied infrastructure while reducing her pain and discomfort as she lives with habits.

Lindsay says, "I am really looking forward to my sophomore year at the University of Maryland when I can attend classes, do my work without "Brain fog", and spend time with friends without severe pain"!!!

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**Bring A Friend for FREE
to a Reboot Class -
August 1-30th**

**Bring this coupon to class and your friend
takes the class for FREE**

Please call in advance to register for the class

Offer expires August 30th - Infrastructured Institute

