

INFRASTRUCTURED

Making your life your workout

Here's The News:

VIEWING ON YOUR PHONE?

IT'S OK TO BE (THIS) ON-GUARD!

SPRING TRAINING!

SPRING CLEANING!

STABILITY EXERCISES



Here's the Way to get a Hump...

SPRING TRAINING

**Infrastructured Institute
Takes Its Next
Step Forward**

~

**Teaching students how
to train others in
The Diseati Method™**

Coming in March!

It may be Wednesday, BUT...

**... there is no such thing as
a "Hump Day" at
The Infrastructured Institute!**

We look forward to teaching you how to relieve your own pain simply by perfecting your posture... Instead of spiraling down and turning off your circulation and respiration while on your "electronic addictions"!

"Un-schlump your Hump!"

Details outlined in our next Newsletter...

Michele Diseati
Michele Diseati, AADP
Kinesiotherapist

Spiral away the day with your healing ways!

SPRING CLEANING

SMALL GROUP PERSONAL TRAINING

75-Minute Workouts that Reset your Mind & Body

Yoga-based exercises to promote digestion, regulation, circulation & reactivation of cellular regeneration ~ necessary for fluidity & stability of mind & body.

Come stand, sit & recline to get fit & detoxify U
TUESDAYS at 7:00pm in
REBOOT U

High-level biomechanical exercises from Yoga to Kick-boxing which promote digestion, regulation, circulation & reactivation of cellular regeneration ~ necessary for fluidity & stability of mind & body.

Come join the Hard-Core Workouts for Hard Cores
FRIDAYS at 10:30am in
CLEAN&LEAN

To achieve the capacity shown below to join me this summer in MYoga Paddleboard Classes!

DoTERRA Essential Oils

ON-GUARD ESSENTIAL OIL

Supports:

- ~ Robust Respiratory Functions
- ~ Resistant Immune Systems
- ~ Healthy Circulation



Formula available in:

Toothpaste, Laundry Detergent

& MORE:

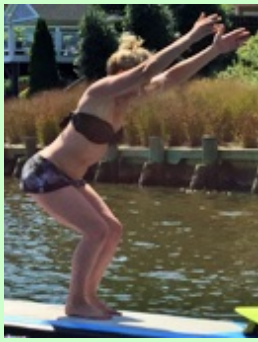


Purchase On-Guard in person or on the website!

[Click Here For Yours!](#)

Spring Cleaning Sessions build your foundation from the inside out!

Exercises below are prerequisites for core stability:



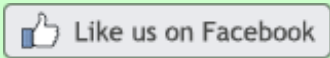
Be Reaching



Be Open



Be Grateful



Use Walls & Corners



Engage & Align



Breathe & Balance

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