

INFRASTRUCTURED

Making your life your workout

MARCH 2017

POSTURE-PERFECT PAIN RELIEF

YOUR LIFE IS YOUR WORKOUT

TRAIN TO RE-TRAIN THE WORLD



"Un-Schlump YOUR Hump!"

SPRING TRAINING

**Training for
Spiraling
Instructors**

DESCRIPTION:

100-hour training program to reset your Whole Health and detox as you open your own roadblocks while you learn to Reboot, SHRED & YOGA away your pain.

Instructors will have the ability to resolve their own imbalances with their Body Template™ and restore neutral form into each Spiraling exercise.

PRE-REQUISITES:

~ Own "The Human Body Coloring Book"***

**It May be Wednesday, BUT...
... there is no such thing as
a "Hump Day" at
The Infrastructured Institute!**

Now offering a Spiraling Training Program!

- ~ Learn how to relieve your own pain ~
- ~ Gain the knowledge of why this works ~
- ~ Understand the Physics of Fitness ~
- ~ Teach others The Science of Self-Repair® ~

**Join us for Training as we prepare to
Re-Train the world!**

Michele Diseati

Michele Diseati, AADP
Kinesiotherapist

Spiral away the day with your healing ways!

- ~ Own "Trail Guide to the Body"***
- ~ Free Membership to Online Spiraling Academy (includes Spiraling Videos)

REQUIREMENTS:

- ~ Daily Spiraling practice
- ~ Level 2/3 Spiraling Student; or
- ~ Exercise Science/Kinesiology Degree; or
- ~ Background in:
 - ~ Personal/Fitness Training
 - ~ Movement Therapy

SCHEDULE:

- ~ Four (4) weekend immersions are necessary to reset better health habits for you and your students neurobiomechanically.

Times/Dates shown below are tentative; they may be adjusted prior to First Immersion based on students' availability

- ~ First Training Immersion:
April 21 - 23, 2017
- ~ Second Training Immersion:
May 19 - 21, 2017
- ~ Third Training Immersion:
June 9 - 11, 2017
- ~ Fourth Training Immersion:
July 7 - 9, 2017

PRICING:

- ~ \$2,500 per 25-hour Immersion
 - ~ Payment Plan Available
- ~ Fuel (for body) provided
- ~ Lodging not included
- ~ Spiraling classes free to students

**See Favorites on
www.infrastructured.com

ATTENTION: LIFE ATHLETES!

**Professional athletes
are in Spring Training for sports.**

**We are in Spring Training for Life ~
getting fit as we stand and sit.**

**It is time to spread the word ~
We can engage our stabilizers as we sit
so life is not so hazardous to our Health!**

Regenerative Medicine has been developing over the past thirty years in the form of The Diseati Method.™

Michele Diseati has studied and served as a Kinesiologist, Physical Therapist, Personal Trainer and Active Release Therapist.

Posture-Perfect Pain Relief is gained by allowing the body to heal itself while in proper alignment.

Most of us lose proper alignment going through life.

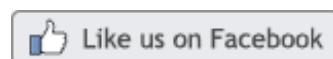
Just as our bodies are innately intelligent enough to heal themselves while in proper posture, they are also often genius enough to reroute its functions when not in proper posture.

This allows for us to continue to be able to walk, run, play tennis, and stand for long periods of time - but not without pain!

This also deconditions our muscles and becomes a compensation pattern!

**SEE WEBSITE FOR MORE INFORMATION
ON INFRASTRUCTURED INSTITUTE**

**CALL/EMAIL THE INSTITUTE FOR
DETAILS REGARDING THE SPIRALING
TRAINING PROGRAM**



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