

INFRASTRUCTURED

Making your life your workout

June 2014 - In This Issue:

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INFRASTRUCTURED

**Where the Best
Get Better!**

Infrastructured was designed to provide state-of-the-art biomechanical therapy for pain relief and weight loss.

The Institute's Practitioners and Spiraling Trainers use their highly developed

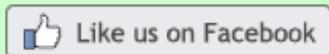
Welcome to Infrastructured Institute's Spiraling Community!

This newsletter will keep you informed of all the wonderful things happening here **as we reinvent healthcare with biomechanical therapy and natural medicine.**

Find solutions for getting lean this summer, as well as for both pain and mood management. Check out our class schedule and **NEW REBOOT CLASS** as well as a fantastic essential oils event not to be missed!

Michele

expertise to reset pain and metabolism-boosting posture that enables the user to control (not manage) their own pain and inactive fat storage deposits.



Michele Diseati, AADP
Kinesiotherapist

Essential Oils Event - Don't Miss It!!

Tuesday, June 10th - 6:45-7:45pm
at Infrastructured Institute

Come join us for a FREE class on DoTerra Essential Oils.



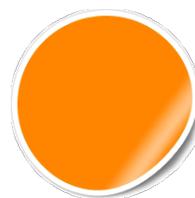
They are Certified Pure Therapeutic Grade (CPTG) oils and the best natural medicine for all your needs!

Essential Oil of the Month

Wild Orange

Wild Orange essential oil is uplifting and simply yummy! And yes you can even use it as a flavoring in cooking, Its common uses are for anxiety, stress, depression, menopausal symptoms, sluggish digestion and more! It will definitely upgrade your mood!

No dilution is required when used topically. Apply directly to area of concern or to reflex points. You can also diffuse or inhale the aroma directly.. You can add a few drops to your water and drink in the benefits of the oil all day long!



640 Weekly Class Schedule

Tuesday	10 - 11 AM	REBOOT U
Tuesday	5:30 - 6:30 PM	REBOOT U (starts 6/10!)
Wednesday	12 - 1 PM	SHRED
Wednesday	6 - 7 PM	SHRED
Friday	10 - 11 AM	YOGA
Saturday	11 - 12 PM	REBOOT U

Spiraling Move of the Month

Spiraling Floor Figure Four

To relieve lower back pain use this Spiraling technique twice a day on both legs (right and left) with 5 breath belts.



Spiraling Floor Figure Four

Client of the Month

KathyThompson just had her one year anniversary with us! In January 2013 she had her left hip replaced and was looking to regain energy and strength after being idle for most of the previous year. She had been a yoga teacher for 12 years and thought she knew a lot about alignment, but her body never cooperated fully in yoga poses, and old lower back issues and then the left hip issues plagued her. Once she started working with the spiraling fundamentals she realized just how much the biomechanical approach could improve her posture and free her from the pain and discomfort she often experienced.



She now tells us: "I practice the fundamentals daily and also enjoy classes to reap the benefit of Michele guiding me where needed. My pelvis is becoming more fluid, my left leg muscles are now engaging, and I'm more mindful of when my upper body tries to do what the lower body needs to do. Classes are small so we get a lot of individual attention. I am now not only mindful in sitting, standing and walking, but also while driving my car - you can do spiraling anywhere! Spiraling is metabolism-boosting and is a great way to be 'in the moment' as we move through our everyday lives. My brain has been retrained from its old habits and I feel renewed - this is anti-aging at its finest - I'm in my 60s but it's never too late - so spiral away the day!"

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