

INFRASTRUCTURED

Making your life your workout

MARCH 2017

VIEWING ON YOUR PHONE

RE-TRAIN THE WORLD

ABOUT SPRING TRAINING



Here's how we get a 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:

It's Still 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 with bad habits on our devices!

"Un-schlump your Hump!"

- ~ The Human Body Coloring Book
- ~ Trail Guide to the Body
- ~ Spiraling Workout DVDs

Michele Diseati
Michele Diseati, AADP
Kinesiotherapist

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 our students neurobiomechanically.
- ~ 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

Spiral away the day with your healing ways!

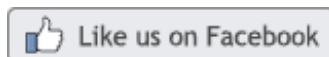
ATTENTION: LIFE ATHLETES!

**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!**

**MORE INFORMATION
(TIMES & DETAILS) WILL BE SENT
DIRECTLY TO THOSE INTERESTED**



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