

# INFRASTRUCTURED

Making your life your workout

**APRIL 21 ~ 23, 2017**

**VIEWING ON YOUR PHONE**

**REQUIRED READING**

**LIFE'S WORKSHOP**



Un-Schlump Your Hump

## **RETRAIN THE TRAINER**

### **LIFE'S WORKSHOP**

**You are your own fitness professional!**

You know your body and its good and bad habits better than anyone else.

What if your bed was your "gym" each morning and night? What if your chair at work or your La-Z-Boy at home was your tool to get fit? Engage that 8-Pack as you live while repairing physical instability - activating regenerative health as you stand, sit, move and breathe!

**This is what "Retrain the Trainer" is all about!**

At any age, we can fix our own high-performance machine's imbalances.

**It's no longer Wednesday, BUT...  
... we still have not had  
a "Hump Day" at  
The Infrastructured Institute!**

### **Life's Workshop:**

- Instill New Exercise Habits with Muscle Memory Minutes™
  - 3 workouts Rehabituated® over a 3-day Brain~Body Makeover!
- Instill New Sleep/Recuperation Habits
- Instill New Fuel Intake Habits
- Release Pressure for
  - Blood Flow
  - Metabolic Effects
  - Cleansing of Toxins & Viruses
- Guaranteed to leave you feeling:
  - Lighter
  - Looser
  - Leaner
  - More VITAL

My personal Life's Work consists of over 30 years of Pain-Control research. I case-studied as I traveled and lived with my clients in order to immerse them in all the right moves. Our immersions created new habits for their preventative maintenance to cure their multiple physical dysfunctions.

It is from this research and these experiences that the revolutionary Rehabilitation Process® was developed, and I am excited to invite you to its debut on April 21-23, 2017!

For over 25 hours you will assess and address your pain-specific issues with your right moves and learn to understand why trauma caused the wrong habits. You will learn how to assess and address your families' & friends' physical health imbalances and show them a Neurobiomechanical trick or two for renewing energy and fluidity as they live, too. With my methodology for self-repair, you will learn how your bad habits may be causing pressure in your body and your mind, and how to use the tools on your body to stabilize yourself.

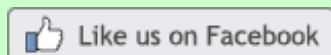
In 25 hours over one weekend, you will have a checklist of ways to fix "it" yourself!

This is a great choice for your future health!

**Take 3 days and  
Retrain your Brain to Relieve  
Your Pain!**

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**Payment Arrangements  
Accepted**



## REQUIRED READING\*:

### 1) The Human Body Coloring Book- The Ultimate Anatomy Study Guide

Chapter 1: The Body (pages 6 ~ 21)

Chapter 4: The Nervous System (pages 80 ~ 113)

### 2) The Trail Guide to the Body-

How to locate muscles, bones and more

Introduction (pages 12 ~ 26)

Chapter 1 (pages 27 ~ 48)

Chapter 2: Trails 1~3 (pages 50 ~ 63)

Chapter 7 (pages 276 ~ 320)

**\*Do not get lost in the Anatomy and Physiology in  
this introduction to Regenerative Medicine!**

**Simply notice the alignment of our miraculous  
machines from Arches to Ears!**

## TO REGISTER FOR YOUR LIFE'S WORKSHOP:

**Contact Infrastructured Institute directly  
at (301) 230-3131 & reserve your spot!**

Congratulate yourself for making this healthy choice for you. I am psyched to Retrain with you!

*Michele Diseati*

Michele Diseati, AADP  
Kinesiotherapist

**Spiral away the day with your healing ways!**

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