

ROLL, RECOVER, REGENERATE!

The off season for running, paddling, triathlon and many other sports is the BEST time to get your body back in order and ready to train for the next season! Join the experts at OPTIMUM SPORT and Coach Ceilidh Beck in this three hour recovery session where you will learn comprehensive information about in-depth myofascial releasing techniques complimented with mobility exercises. Myofascial release "rolling" has been growing in popularity, but few people know what's right for their body. Rolling is a speedy way to recover, gain flexibility in stubborn muscles, and improve aerobic capacity—that's right, it improves aerobic endurance.



ABOUT THE INSTRUCTOR

These specific techniques were developed by Ceilidh Beck of Beck Athletics, using knowledge gathered over 8 years of training recreational, elite, and professional athletes of all ages and sports. Coach Ceilidh is an expert in biomechanics for endurance athletes and skill development for different athletes. Training with Beck Athletics will improve your power, endurance, movement efficiency, and reduce injury that is caused by improper movement mechanics. Learn how to create a body that will be highly functional and give you confidence and success in sport for many years to come.



DATE: Saturday, December 10, 2011

TIME: 9am-12 noon

MAX PARTICIPANTS: 10-12 as space is limited!

COST: \$110 Includes participant handouts and ball roller.

REGISTER
NOW!

 **ptimum**
SPORT PERFORMANCE & HEALTH CENTRE

Call To Register (604)703-6470

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