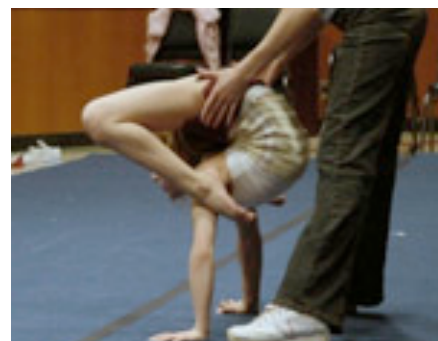


Flexibility Workshop With Alixa Sutton



Flexibility A Challenge? Not Anymore!

Alix is a flexibility expert, traveling all over North America giving workshops and lectures. Formally a competitive gymnastics coach, Alixa has spent the last 10 years developing her unique stretching techniques specifically designed for people not naturally flexible. Alixa uses non invasive stretching that athletes can do themselves. She focuses on athletes learning proper technique to stretch. Her programs work on increasing flexibility, preventing injuries, getting athletes motivated about stretching, helping older athletes adjust to their changing bodies, giving younger athletes good stretching foundations for life, showing coaches how to plan flexibility into their programs and how to use stretching techniques to prepare athletes for advanced elements. Alixa worked for Cirque du Soleil, creating the contortion number for KOOZA. She was the creator & trainer for the first professional kid contortion group in the US, the Mystic Pixies. Alixa is well known for her work with Cirque du Soleil, USA Gymnastics Federation, Ontario Gymnastics Congress, Rhythmic National team members, US Vaulting Federation, World Champion Sports Acro athletes, and many many individual clubs.

Flexibility expert Alixa Sutton takes the frustration out of stretching. Her programs:

- Improve Flexibility
- Teach new Stretching & Warm up techniques
- Help Prevent injuries
- Recognize Body Alignment problems & overcome them
- Teach Coaches new Safe methods for teaching
- Show how to control existing flexibility

DATE: Thursday, August 19/10

COST: \$50/athlete, \$75/coach

VENUE: West Hillhurst Community Center

REGISTER: www.chinookrg.com

TIME: 9 AM - 6 PM

Limited spaces available, register today!