



The Bender Method™ of Training
 BACK, CORE, LOWER BODY, UPPER BODY



LEARN AND EARN!

LEARN

effective, tested and results driven exercises that are easily adapted into any type of fitness, one-on-one or rehab environment.

EARN

CEC's from provincial/national certifying agencies and CSEP.

A 2 Day Specialised Training Symposium For Those Working With The Older Adult!

Northgate Lions Seniors Recreation Centre
 7524 139 Ave NW, Edmonton AB

Friday, Sept 12, 2014 - 12:00 – 4:30 PM
**BENDER METHOD OF TRAINING
 CHAIR YOGA**

Saturday, Sept 13, 2014 – 8:30 AM – 4:30 PM
**FITT SYMPOSIUM
 Golden Barre
 Daily Cat Stretch Series
 Measuring Functional Fitness
 Restore**

CHAIR YOGA – is a program that is for everyone, any age and any fitness level. This very gentle form of Yoga is excellent for people with various types of movement disorders and is easily incorporated into an active older adult setting. Using a chair and Bender Ball as a prop, the health benefits of this program are endless – reduced blood pressure, better sleep, improved mobility, movement and posture, and increased stamina to make everyday tasks easier. All aspects of Yoga – postures, pranayama (breath), meditation and relaxation can be done using the chair complemented with the Bender Ball. This special population can find comfort using the chair as an aide – helping to reduce fear of falling – thus reducing anxiety and stress. Leave with a variety of poses that you can start using with your clients right away! The Chair Yoga class is designed to help increase the physical activity of the participants so that they may avoid the loss of physical function that is associated with the aging process. The program helps enhance independence, improve mobility and balance, and to improve strength and endurance. Special emphasis will be given to “*functional fitness training*”, allowing the participant to strengthen muscles and to increase endurance in areas that replicate real-life activity. This course will work on specific goals such as fall prevention, the improvement in joint range of motion and enhancement of coordination and reaction abilities. A comprehensive program designed to provide health professionals with specialized education to assist when developing and delivering exercise programs for the older adult! CEC'S: AFLCA 4, BCRPA 4, CanFitPro 2 FIS, 2 OAS, 2 PTS, CFES 4, CSEP 4 (G), SPRA - 3

PRESENTED BY BENDER
 METHOD MASTER TRAINER
 AND AUTHOR
RHONA PARSONS, CPT, RYT500



Rhona's journey towards health and wellness began in 1996 when she became a certified Group Fitness Instructor. Her background encompasses many areas of health and well being - Bender Method Author and Master Trainer, Hatha Yoga Instructor, STOTT Pilates Instructor, Personal Trainer Specialist, Fitness Instructor Specialist, Zumba Fitness Instructor, EFI Gravity trainer, Senior Fitness Leader. Rhona has been practicing yoga and related studies for many years and is an avid fitness enthusiast.

Rhona's professional goals are to share her extensive knowledge with you, helping and motivating you along your journey to better health and longevity. To help you build a strong foundation and balanced body that will enhance your well being, and allow you to enjoy life at its fullest. “



FOR FURTHER INFO / OR TO REGISTER:

www.FMGonline.ca Info@FMGonline.ca 1-888-290-FITT (3488)



SEPT 12 & 13, 2014

**NORTHGATE LIONS SENIORS
RECREATION CENTRE**

7524 – 139 AVE NW, EDMONTON, AB

FRIDAY SEPT 12/14 – PRE-CON

12:00 – 4:30 PM BENDER METHOD – CHAIR YOGA



SATURDAY SEPT 13/14 – FITT SYMPOSIUM

8:30 – 10:30 AM GOLDEN BARRE

Barre programs are the popular craze right now – Golden Barre is a full body workout that fuses the best of ballet, pilates, yoga and strength conditioning for a truly fun and unique experience. Golden Barre uses small isolated movements to build strength stamina and flexibility – all which are necessary for daily functional movement. Using a Bender Ball, Gliding Discs and a chair as our “Barre” this session will teach you the basics principles behind Barre and how with modifications, you can transform it to meet the needs of your older adult clientele

10:45 – 12:15 PM DAILY CAT STRETCH SERIES

Sensory Motor Amnesia was described by Thomas Hannam, philosopher and Somatic Educator, as muscles that are chronically tight from mis-use, physical/emotional stress, injury, trauma and age. The Daily Cat stretch series provides you with a series of easy self-healing exercises that can be done every day – in only 5 to 20 minutes and relieves pain and promotes flexibility and wellness. These exercises keep the brain focused specifically on movement patterns that will help the body move freely giving the person conscious control and awareness over their own body.

1:15 PM– 2:45 PM MEASURING FUNCTIONAL FITNESS

Helping older adults maintain and keep their functional mobility – delaying physical frailty are very important to those working with older adults. To design and implement an effective exercise program one must know and understand your clients' physical state. You will learn some simple assessment tips and tests you can use to assess your clients for daily tasks such as climbing stairs, lifting and carrying items, or combing one's hair – Design an effective program while staying within your scope of practice!

3:00 – 4:30 PM RESTORE

Over time with the daily stresses of life, illness and age, our posture deteriorates creating wear and tear on the body – ultimately causing stress on the spine. Many leaders stay away from introducing yoga to their clients because they think their clients are not flexible enough. Yoga helps create strength and flexibility in the body, moving the spine in all directions – which in turn makes daily tasks easier. See how a Yoga Strap and Bender Ball can take your classes to the next level – making day to day tasks so much easier for your older adult clients.

REGISTRATION INFO

DESCRIPTION	EARLYBIRD BY SEPT 5/14	REGULAR AFTER SEPT 5/14
CHAIR YOGA	\$119	\$139
FITT	\$149	\$169
TAKE BOTH AND SAVE!	\$199	\$219
INCLUDED IN REGISTRATION: BENDER BALL, CEC'S, STUDENT HANDOUTS GST WILL BE ADDED TO REGISTRATION FEE		

**FOR FULL WORKSHOP
DESCRIPTIONS & CEC'S
WWW.FMGONLINE.CA**

