

Muscular Release for Golfers



- **Profoundly Release your own chest and arm muscles**
- **Improve golf & overall posture**
- **Enhance ability to hold postures during the golf swing**

- **Enhance backswing range of motion**
- **Increase golf swing “X” factor**
- **Decrease risk of golf related injuries**

RELEASE METHOD: Using dense balls, traction and body weight, learn a self-applied, systematic rolling method to elongate and free muscles and increase joint range of motion.



BENEFITS

- Results can be seen and felt immediately
- Help prevent & treat shoulder & elbow injuries
- Increase Thoracic spine range of motion
- Establish greater body awareness and balance
- Decrease risk of low back and neck injuries
- Reduce stress and promote relaxation

Facilitated by: Kathleen Keller,
Master Pilates Educator &
Therapeutic Ball Specialist



Intelligent Movement Practices for Life
www.thekellermethod.com



Compare before & after Golf
specific movements

Feel and see measureable range of motion improvements that can enhance your swing in this ONE Release session!

Facilitated by Shannon Mantrop
CPGA Golf Instructor and Exercise Physiologist



www.dynamicmotiongolf.com



Sunday April 25th

1:00 - 4:00 p.m.

Limited space registration required



636 - 29th Ave S.W. Calgary

Glencoe Members: \$85 (plus tax)

Non-members: \$95 (plus tax)

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