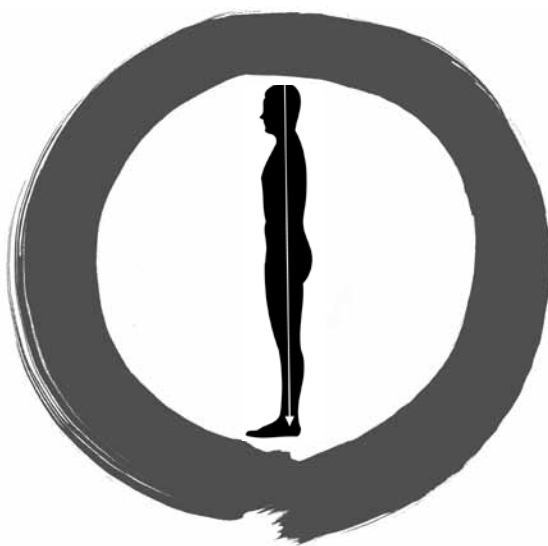


VERTICAL LIVING SEMINAR

Live a Better Life Through Refining Posture, Breath and Awareness.
WITH TOM NAGEL - AUTHOR OF *ZEN & HORSEBACK RIDING*

PROCEEDS WILL GO TO THE KORINJI FOUNDATION, A NOT-FOR-PROFIT ORGANIZATION

Improve your posture.
Increase your breathing capacity.
Use your body the way the "naturals" do.
Handle stress more effectively.
Create balance in your life.



AT MIDWEST SHOTOKAN KARATE AND FITNESS CENTER

1502 N. ELMHURST RD, MT. PROSPECT, IL, 60056

August 21 – Saturday – Noon to 3 PM

The Vertical Living Seminar explains the location, importance and use of the psoas muscles. The psoas are the deep core muscles that link the upper and lower girdles of the body. They are the basis of all efficient body movement and can be used by participants in any athletic activity. This seminar will explain how to correctly use your body to obtain tone (strength with flexibility) and self-carriage (stability and lift). The seminar is about using daily activities as a means of self-development and training. It is about refining your posture and breathing and expanding your awareness to live a better life.

Tom Nagel is an internationally recognized clinician and instructor. He has practiced Zen meditation since 1977 and is an advanced practitioner of Zen Bodytherapy®, studying directly under William "Dub" Leigh, the founder of Zentherapy®. Tom also has a third degree black belt in Aikido. He gives presentations and conducts Rider's Seat Horseback Riding clinics throughout the United States and in Europe.

Seminar fee is \$45 Registration begins at 11:45 am

Contact Michael Malitsky at info@greatlakesaikikai.org or 847-788-0200 for information/ registration
www.midwestdojo.com