

# Radiant Body Workshop

Radiant Body Workshop is about understanding and working to develop the potential that is housed in the human body. Participants will get a full understanding of the role posture plays as the foundation of efficient movement as well as how it affects us mentally and emotionally. Each individual will experience how small qualitative improvements in the way they hold themselves creates the possibility to move with more relaxation and freedom. This renewed sense of unity replaces the fragmented movement patterns caused by years of ingrained tensions. The Radiant Body Class will lay a foundation for continued positive change through experiential exercises and the use of visualization. The workshop is oriented to specific postural needs of each participant, and at the completion of the six sessions everyone will have tools to work with their particular issues.

Throughout the six sessions we will reference information and material offered in the class back to walking and running. We will also be suggesting “homework assignments” that can be used integrate the understanding gained in class to very active work with your posture and moving activities.

## **Session One: Segments and Bands**

**Monday April 28th**

Studying how the body could and does function can help us direct our attention and explore intellectually and experientially it’s potential. In this initial session we will define the territory. Breaking the body down into the different segments, understanding their functions and how they interrelate brings us awareness and guidance when working to improve our posture and movement. This will entail part lecture and part experiential awareness exercises.

## **Session Two: Building the Body From the Ground Up**

**Monday May 5th**

Emphasis will be on pelvis, hips, legs, and feet. You will be taken through a series of exercises that helps develop your relationship to the ground. Learning how to relax and release this part of the body is crucial to more fluid and powerful movement throughout the body.

## **Session Three: The Power of Now**

**Monday May 12th**

The chest area contains the organs of our immediate experience of life. In one moment food and air is out there and the next it is in our bodies, in our chest area where it is getting processed or exchanged to keep this vehicle on the road. With the chest we appreciate the mystery first hand. It houses our most basic sources of inspiration and motivation. It stands to reason that we ought to take full advantage of its functions. That is what this particular class will address.

## **Session Four: Integration of Body, Mind and Movement**

**Monday May 19th**

Important Exercises that integrate the upper and lower segments of the body will establish your body's relationship to the ground, to the space around you, and to movement through that space.

### **Session Five: Head and Neck**

**Monday June 2nd**

It is now time to get our heads on straight. This segment contains our command center and the powerful organs and reflexes having to do with awareness of space, balance, the distribution of nerve signals throughout the body, and our ability to register, process and respond consciously to a wide variety of information. Our orientation to, perceptions of, and attitudes about the environment we live in is affected by the way we hold our heads. Our head and neck position plays a huge role in the integration of the body and sense of extension and connection.

### **Session Six: Grande Finale**

**Monday June 9th**

This class will be devoted to unanswered questions and individual concerns. We will have covered the general issues around posture and body use that affects all of us and ones specific to each individual. This will be a time to make final assessments, suggestions, and recommendations. Also we will be making to final adjustments to the exercises that people have been working with to best accomplish their goals.

**Location: 4586 North 95<sup>th</sup> St.  
Lafayette (1.25 Miles No. of the intersection Valmont and 95<sup>th</sup>)**

**Cost: \$165**

**Dates: Monday April 28<sup>th</sup>, Monday May 5<sup>th</sup>, Monday May 12<sup>th</sup>,  
Monday May 19<sup>th</sup>, Monday June 2<sup>nd</sup>, Monday June 9<sup>th</sup>**

**Time: 5:45 to 7:30 PM**

**For more info: call or e-mail Douglas: 303 499 2062, [douglas@radiantrunning.com](mailto:douglas@radiantrunning.com)**