

Stretch Workshop with Cherie Seeto

Join a special workshop with one of the legends of the Stretch Therapy world, Cherie Seeto (www.sydneystretchtherapy.com).

Some of you will have been to one of the workshops Cherie & Greg Laughlin (www.trainingwithgreg.com)

held between 2014-2016 in Canberra, but in more recent times Cherie has had powerful experiences at Fighting Monkey, Modern Methods of Mobility and Mikael Kristiansen's Hand Balancing workshops. She has taken elements from each to further enhance her classes in Sydney. Now you can do a special 4 hour workshop here in Canberra to experience this new material.

Wear loose clothing, preferably no shorts. Bring something warm for your body and feet during the breaks.

I look forward to seeing you there.

Cherie xxx



"When I first started Stretch Therapy, my only goal was to get the splits. Now, I'm also standing taller, I sleep better and saved a bucket load in chiro fees. There is no one like Cherie.": Drew, 32.



Cherie Seeto is a Senior Instructor in Stretch Therapy (Posture & Flexibility) and a professional Stretch and Remedial Therapist.

www.sydneystretchtherapy.com

Promote new body awareness and allow yourself renewed enjoyment when doing exercise, sport, or daily life activities.



Workshop details

Date: Sat, 7 July, 2018

Time: 13:30–17:30

Cost: \$100

Venue: Hughes Community Centre.
Whittle St, Hughes



Contact Louise Raisin for more info

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Workshop payment EFT

Pay using the details below to secure your place. Please use your surname as a reference

Account name: Stretchability

BSB: 062922

Account: 10173978