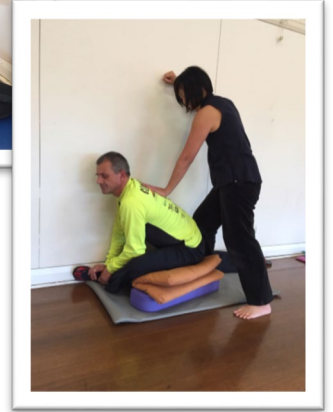


Stretch Workshop with Cherie Seeto

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

In 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 material.



Workshop details:

Saturday, 17 Nov, 2018 from 13:30–17:30

[Hughes Community Centre, Whittle St](#)

Cost: \$100

Contact Louise Raisin for more info

M: 0408 740 280

louise@stretchability.com.au

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

Wear loose clothing, preferably no shorts. Bring something warm to wear during the breaks.

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.



I look forward to seeing you there!

x Cherie