

# Sadhana Workshop

Oct 1-3, 2010  
9:00 am to 6:00 pm

Colorado Springs, CO

*CIMT will supply the  
directions and location*

Sadhana Therapy is a structural  
integration body work technique  
which focuses on:

- Joint Capsule Release
- Acupressure
- Neuro-muscular Therapy
- Therapeutic Yoga
- Resistant Stretching

This style of body work was passed on to a Shaolin monk and brought to the United States. According to the Shaolin, the Chinese family traditionally would only teach it to family members to preserve their place in society. It works with your body from the inside out, to properly align skeletal, facial, and muscular structure in a noninvasive manner. It is also proving to be monumental in brain injury recovery

Learn NEW innovative techniques for  
working with pelvis & knees  
for bodywide benefits

\$350.00 if Registered early

\$380.00 in Week Before Workshop

To register, please contact CIMT per website link

**Sadhana**  
Training Center  
**Therapy**