

ESSEINTRICS



Essentrics® is the program featured in the “Aging Backwards” special starring Miranda Esmonde-White shown on PBS (also the host of long time running series Classical Stretch). Esmonde-White’s book by the same name is on both the New York Times and Amazon Best Seller lists. The **Essentrics® full-body technique** is successful because it **works through the muscle chains, liberating and empowering the muscles and relieving them from tension in the process.** This original workout draws on the flowing movements of tai chi to create health and balance, the strengthening theories behind ballet to produce long, lean, flexible muscles, and the healing principles of physical therapy to **create a pain free body.** Together these methods will help to **unlock tight, painful joints.**

Essentrics® dynamically combines methodologies to develop a strong, toned body with the ability to move each joint and muscle freely, as well as improve posture and balance.

**Join our next class to see what it’s all about
Saturdays 9-10am in Washington**

Sept 4 - Oct 27, 2018 Wks: 8
(6725) Sat, 9:00 am \$64 NR \$70
Washington Center, lower level, Activities room
Drop in \$12 each class.

**PARKS &
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