



What you will learn:

The AIS workshops are designed to teach the specified methods of isolated stretching, both active and active-assisted exercises. The workshop explains how you can safely assist and teach your clients personal application of the AIS process.

Focus of the seminar:

This seminar will provide an in-depth overview of a body's (normal and compensated) range of motion and flexibility. Each participant will learn self-stretching techniques and how to safely assist another in the same stretching process. This will be achieved through lecture, demonstration, and practice amongst participants.



*Kim Ortloff, B.S., LMT, CEO
Dana Dowling, ESQ, LPT, COO*

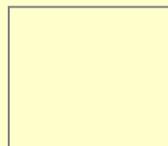
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**BASIC
ACTIVE ISOLATED
STRETCHING
3-DAY CEU SEMINAR
Friday - Saturday - Sunday
May 31 - June 1 - June 2
2013**



**22 HOURS OF
INTENSIVE
AIS CEU
TRAINING**

Presented by:
**Kim Ortloff, B.S., LMT, CEO
Dana Dowling, ESQ., LPT, COO**



About Kim Ortloff, B.S., L.M.T., CEO

As CEO for this business Ms. Ortloff will continue to vigorously pursue her dream built around her expertise to introduce The Mattes Method of Active Isolated Stretching (AIS) into the national and perhaps international arena.

Ms. Ortloff co-authored the book "*Where It Hurts and Why*" and is a lecturer, instructor and practitioner in the discipline of AIS relating to injury rehabilitation and enhanced athletic performance.

Ms. Ortloff supports athletes locally, nationally and internationally. She works as team therapist for Florida State University's Football, Basketball, Baseball, Softball, Soccer, Track & Field and Swimming teams. She served as team therapist 2004 and 2005 NCAA Track Regional and Finals, as well as 1998 ACC Swim Finals. She was the team therapist for Zimbabwe at the 1999 World Track & Field Championship, Seville, Spain 1996 Summer Olympics, and with the USA handball team in the Sports Massage Clinic, Atlanta, GA.

Ms. Ortloff is/has been the individual therapist for the following high performance professional and Olympic athletes: Cory Fuller, Baltimore Ravens NFL; Deion Sanders, Baltimore Ravens NFL (retired); Brad Johnson, Minnesota Vikings NFL; Andre Wadsworth, Arizona Cardinals MLB; Douglas Edwards, Atlanta Hawks NBA (retired); Jonathan Edwards, WR Triple Jump, England (Bronze Medal); Ken Harnden, 1999 and 2000 Olympic hurdler for Zimbabwe, and current FSU assistant track coach; Kris Tamulis, LPGA; Jay Pichard, finisher of the 2000 Eco-Challenge Borneo.

About Dana Dowling, Esq., LPT, COO

As COO for Stretching Your Life, LLC., Ms. Dowling's responsibilities and talents include, but are not limited to, legal expertise in developing the franchise profile and platform for Stretching Your Life as well as instructor in the discipline of AIS.

Ms. Dowling is also the author of the State of Florida approved curriculum for the CEU courses taught to the Licensed Massage Therapy (LMT) profession. She is finalizing the structure of the CEU curriculum to be taught on a national level this year.

Ms. Dowling is also responsible for the local, regional and national marketing and business development plans.



Seminar Location and Schedule

ALOFT HOTEL
200 N. Monroe St.
Tallahassee, FL 32301
850-513-0313

(Call the hotel directly for accommodations)

FRIDAY May 31 - Noon to 6pm

1. Purpose and basic physiology of stretching
2. History and philosophies of *Active Isolated Stretching (AIS)*
3. Active and assisted stretching protocols
 - ✚ Shoulder and shoulder girdle
 - ✚ Cervical spine
 - ✚ Trunk

SATURDAY, June 1 - 9am to 6pm

4. Active and assisted stretching protocols (continued)
 - ✚ Elbow, wrist, fingers and thumb
 - ✚ Thoracic and lumbar spine
 - ✚ Knee and thigh

SUNDAY, June 2 - 9am to 4pm

5. Active and assisted stretching protocols (continued)
 - ✚ Lower limbs
 - ✚ Pelvic girdle
 - ✚ Ankle, foot and toes

Check-in Friday at Noon
Receive materials at check-in.

What to bring:

1. A portable massage table
2. A pillow/bolster
3. Wear lightweight, comfortable clothing

Be ready for 22 hours of s-t-r-e-t-c-h-i-n-g!

This course is approved by the State of Florida for 22 CEU credits in the field of Massage Therapy

About the course

Stretching your Life uses a "hands on" approach to offer practical solutions for everyday health challenges and needs. The company provides ongoing wellness and prevention education, inspiring people to take charge of their health and motivating them to gain control of their pain.

ACTIVE ISOLATED STRETCHING

The Mattes Method (AIS) centers on physiological principles of specific muscle lengthening, increased circulation and oxygen to the tissues, and lengthening of the superficial and deep fascia.

AIS is one of the methods of stretching most used by today's professional athletes, massage therapists, personal/athletic trainers, and professionals. It allows the body to repair itself and prepare for daily activity. The technique involves holding specific stretches for one to two seconds, which enables the body's natural physiological makeup to improve circulation and increase the elasticity of joint, muscles and fascia.

The AIS Method teaches you specific corrective exercises to strengthen and lengthen muscles for injury prevention and rehabilitation. You will learn hands-on techniques that enhance physical therapy, chiropractic medicine, osteopathic medicine, athletic and personal training, energy work and all massage modalities and techniques.

AIS is an outstanding modality for improving posture, eliminating abnormal curvatures such as scoliosis and kyphosis as well as restoring proper body alignment. It also helps eliminate physical pain caused by repetitive stress and chronic pain due to old athletic injuries or injuries in general. **AIS** can affect positive change in such conditions as carpal tunnel syndrome, thoracic outlet syndrome, neck and back pain and well as shoulder and rotator cuff conditions.

How much will it cost?
(space is limited to 40 participants)

Fee for 3-day seminar:
\$450.00

To reserve your space
visit:
Stretchingyourlife.com