



Energizing Vitality: A Breath & Stretch at a Time

"Wendy's classes have been a tremendous stress reliever for me."

Workshop Objectives:

- Learn simple stretching techniques that can be used on the road for back, neck and shoulder problems.
- Create ways to utilize hotel amenities as props for stretching.
- Identify easy to travel with props for use in airport or in hotel.

Traveling is a Pain...

Let's not beat around the bush here...

Traveling is a pain in the back, neck and shoulders! From folding our bodies into small spaces on an airplane to sleeping in hotel beds, the traveling body is put to the test.

How does this impact overall company performance? Tired, run down sales people can leave sales sitting on the table. Well rested individuals who are free of aches and pains build great collaborative relationships with clients who send business and referrals their way.

