

The Fluid Core

Continuum Movement & The Psoas Muscle

**Deepen Your Inward Journey
with Liz Koch and Beth Pettengill Riley**

October 16 & 17
Center of Balance • Mountain View CA
Saturday 9-5 and Sunday 9-4

Core Strength comes not as a result of overworking the abdominals muscles but rather emerges from a resilient supple iliopsoas.

Core Integrity is gained as fluid inherent movement hydrates organs, viscera, muscle and bone. Access a dynamic vibrant core by shifting the focus from sculpting to inwardly nurturing core awareness.

Liz Koch is the author of *The Psoas Book*, *Unraveling Scoliosis CD* and *Core Awareness: Enhancing Yoga, Pilates, Exercise & Dance*. An international author and workshop facilitator Liz has worked with the iliopsoas for over 27 years. Serving as a staff member of the San Francisco General Hospital's Alternative Therapies Unit she is a trained Jin Shin Do Acupressure Practitioner. Liz Koch is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a Continuing Education Approved Provider. Visit Liz's website at www.coreawareness.com.



Beth Pettengill Riley, M. A., Stanford University, is one of 36 authorized Continuum teachers, worldwide. Apprenticing with Emilie Conrad—Continuum's founder—for over 20 years, Beth has interwoven her Continuum experience with professional level performing and teaching in dance, yoga, and fitness. She served on the Cabrillo College dance faculty for 17 years and continues to lead workshops both locally & nationally. She recently received an award for "Best Yoga Teacher of Santa Cruz" by the Good Times. Visit Beth's website at www.themovingwell.com.



Limited to 20 people

Early Registration \$290 (\$320 after 10.01.04)

**For information or to register: call Liz Koch (831)-335-1851
or email liz@coreawareness.com**

DISCOVER CORE INTEGRITY

Registration

Name _____ Address _____

City _____ State _____ Zip _____

Phone _____ Email Address _____

Visa Mastercard : Number _____ Expires _____

Signature _____

Please include name as it appears on the card and the billing address of the credit card if different than above information

Mail registration to: Liz Koch • 6450 Ashley Street • Felton CA 95018