

Kalvin Smith

“High Performance Living”

High Performance Strength, Flexibility
Increase strength, flexibility and vitality

Purpose

Fundamental Strength and Flexibility:

The High Performance Strength and Flexibility program teaches low impact methods for strengthening connective tissues (tendons and ligaments) while stimulating muscle tone and definition. The exercises also assist in the development emotional strength, resilience whilst cleansing and balancing the psyche.

Fundamental Strength and Flexibility is a practical hands-on workshop. Participants are actively encouraged to experiment with the exercises and principals presented during the program.

Program profile:

Program format and duration: 6 hours - segments of 1, 3 or 6 hours
Previous experience required: None
Recommended fitness level: Suitable for all fitness levels
Recommended clothing: Track pants, T-shirt
Recommended equipment: Yoga mat or beach towel (optional)

Specific learning outcomes include:

Participants will learn how to apply the principles of High Performance Living in order to increase physical strength and energize the body.

The principles of High Performance Living include:

- Constant and connected breath.
- Constant relaxation (relaxed awareness).
- Constant movement.
- Correct form and posture.

Who should come to this session:

- Anyone who would benefit from an enhanced range of movement and joint mobility.
- Anyone who has an interest in personal development.
- Anyone who struggle to cope with stress management.

Benefits of the course:

- Strengthening the body's connective tissues.
- Development of dynamic strength.
- Development of core strength.
- Awareness of posture and form.