

## **Regain Childlike Flexibility and Breathing 8/31/11 - Wed Gathering in Rockville**

Posted At : August 13, 2011 8:57 PM | Posted By : Michael Smith

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This Wednesday Gathering we learn how to regain childlike abilities in flexible movement and breathing with Stephen Shafarman.

How can you breathe more easily.? Move more comfortably? Be stronger and more flexible? Improve your posture and balance? Relieve and outgrow back pain, arthritis, asthma, and other problem conditions? Enhance your skills and enjoyment of yoga, dance, golf, tennis, and everyday activities?

FlexAware is a revolution in exercise, fitness, healing. These unique, breathing-directed exercises are based on the way very young children learn and move. Young children are much more flexible than adults and, for their size and weight, much stronger. They naturally move easily, efficiently, aligning with gravity and not fighting against it. You can regain that skill with FlexAware.

You, whatever your age and health condition, will benefit from FlexAware . And people enjoy doing these exercises.

You can reach Stephen at info (at) FlexAware (dot) com, 202-640-1373 or <http://www.flexaware.com/>