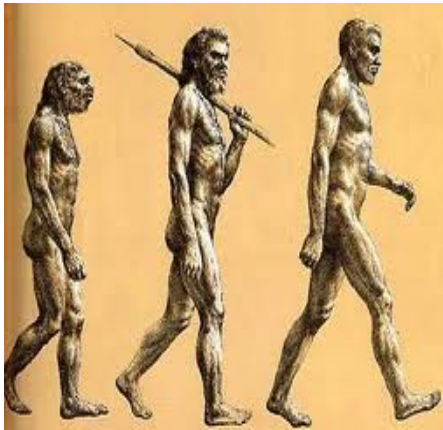


Body Evolution 11/2/11 Wed Gathering in Rockville

Posted At : October 25, 2011 5:20 PM | Posted By : Michael Smith
Related Categories: Sandbox



Would you like to feel more free in your neck, shoulders & hips? Experience less pain in your back, knees, feet & elsewhere in your body? Would you like to learn how to feel & look younger, taller, more robust & energetic?

Then join us Wednesday November 2 at the Sandbox Gathering in Rockville MD, for an experiential workshop in Tyr Throne's Body Evolution. Participants find they are more relaxed, powerful and energetic. Chronic and/or traumatic pain can be reduced or eliminated. Discover how to use movement to keep yourself young and healthy. Body Evolution empowers a person to optimal wellbeing ~ physically, emotionally and spiritually ~ through bodywork and special movement processes. There are many ways you can benefit.

“Tyr Throne is head and shoulders above anyone else (doing similar work)”
—Randy Goldberg, healer, astrologist & networker, Rockville MD

"Tyr is amazing. He helped my professional dance career so much. I don't know what I would have done without him. Try for yourself. You will be so happy you did."

—Stacy Calvert, former soloist with New York City Ballet and Frankfurt

Ballet, head of ballet department, University of South Carolina,

This experiential workshop will introduce you to Tyr Throne's Body Evolution. Participants in Body Evolution look & feel more relaxed, powerful and energetic.

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Body Evolution:

The art and science of creating a life and body you love.

- Experience Body Evolution – feel better right away!
- Improve your alignment, flexibility, and balance.
- Free analysis and recommendations from Tyr Throne
- Free Bodywork Demonstration – see what BE can do for you.

Tyr Throne is the creator of BODY EVOLUTION (and Director of its Training Institutes in Europe and Asia), YOUTHING Systems, Evolutionary Yoga and Healing Trance Dance. He is certified in Advanced Structural Integration, the

Feldenkrais method, Bones For Life (Board Member), Sounder Sleep System, Neuro Linguistic Programming, Cranial Sacral Therapy, Acupuncture, Qi Gong, Tai Chi, Yoga and Meditation. Tyr developed Healing Trance Dance and other healing ritual movement and meditation experiences for individuals and groups. Mr. Throne is an international champion of Kung Fu, an award-winning director of dance and theater and draws much of his inspiration for BODY EVOLUTION from his years as a dancer.

BODY EVOLUTION began over 25 years ago when Tyr Throne first saw the possibility of integrating physical, psychological and theatrical therapies while studying pre-medicine, psychology, dance and theater at the University of California, Santa Cruz. He has been passionately developing that possibility ever since.