



## ChiWalking Half-Day Workshops

Co-sponsored by New Balance®, Glenwood Ave, Raleigh

**ChiWalking** is first and foremost a fitness program that gives you all the benefits that cardio-aerobic conditioning has to offer. ChiWalking makes walking easier by utilizing proper body alignment and injury-prevention techniques. The ChiWalking techniques will give you a powerful sense of balance and stability, while teaching you to relax and conserve energy at any walking speed!

The ChiWalking techniques are for people of every level, whether you're just getting started walking or planning to participate in a marathon, half marathon, 10k or 5k event. Since walking is such a basic every day movement, the benefits are far reaching when your walking form is improved.

**All Classes, Half-Day Workshops and Personal Training 3-Session Packages** cover the basic ChiWalking skills as follows:

- The 5 Mindful Steps of ChiWalking
- Posture, Alignment
- Lower Body Focuses, Upper Body Focuses
- Moving forward, Cadence
- How to relax and conserve energy at any walking speed
- Injury Prevention Techniques
- Loosening exercises
- Uphill Walking and Downhill Walking

**Important Notes** for all ChiWalking workshops and classes:

- Advance registration is required.
- Maximum 15 participants.

### May 18 (Sunday)

1:00 pm – 4:30 pm

Lake Lynn Community Center

7921 Ray Rd., Raleigh, NC 27613

Cost: \$100.00

Register Online at: [www.chiwalking.com](http://www.chiwalking.com)

\*Schedule your own Workshop:

Your group of 5-15 people can schedule a ChiWalking workshop at a location near you. Get a 15% discount for organizing the group. Contact Pat for details. Raleigh, Charlotte and Atlanta areas.

\*Business owners:

Offer a ChiWalking Workshop to your employees at special company rates. Contact Pat for details. Raleigh, Cary and surrounding areas.

## ChiWalking 4-Week Clinics

Co-sponsored by New Balance®, Glenwood Ave, Raleigh

### May 29, June 5, 12, 26 (Thursdays)

5:30pm-6:30pm

ClubWorx Fitness Center

100 Fitness Drive, Fuquay-Varina, NC 27526

Cost: \$125.00.

Register Online at: [www.chiwalking.com](http://www.chiwalking.com)

### Aug 7, 14, 21, 28 (Thursdays)

5:30pm-6:30pm

ClubWorx Fitness Center

100 Fitness Drive, Fuquay-Varina, NC 27526

Cost: \$125.00.

Register Online at: [www.chiwalking.com](http://www.chiwalking.com)

## ChiWalking Personal Training

### Rates

1 hr Session: \$65.00

3 Session Package: \$150.00

4 Session Package: \$200.00

- 3 sessions are needed cover the basic skills of ChiWalking.
- New clients must schedule at least 2 hrs (\$130.00).
- Location: Fuquay-Varina, NC or add travel time cost.
- Contact Pat to schedule Personal Training.
- Please make checks payable to Pat Reichenbach.



### Pat's Personal Training

#### Pat Reichenbach

ChiRunning & ChiWalking Certified Instructor  
Bachelor of Science, Physical Education  
ACE Certified Personal Trainer  
IFTA Certified Senior Fitness Specialist

#### Get Started Today!

(919) 753-5734

Pat@PatsPersonalTraining.com

[www.PatsPersonalTraining.com](http://www.PatsPersonalTraining.com)