



WALK LONGER DISTANCES WITH EASE and REDUCE INJURY.

ChiWalking teaches you to use core muscles for propulsion instead of relying solely on your legs. You'll discover a powerful sense of balance & stability, while relaxing & conserving energy at any walking speed. You'll learn proper body alignment & injury-prevention techniques which eliminate back, knee, hip & other aches & pains. When you improve your walking form, the benefits are far reaching!

APPROPRIATE FOR EVERYONE

Whether you're just getting started walking or planning to participate in a marathon, half marathon, 10k or 5k event, all workshops are appropriate for everyone. Have no fear! We won't be walking long distances during the workshops. The focus is on building a solid base of knowledge to carry forward in your walking program.

WORKSHOP DESCRIPTIONS

ChiWalking Basics (2 hrs.)

- The 5 Mindful Steps of ChiWalking
- Posture, Alignment
- Lower body & upper body focuses
- Injury prevention techniques
- Conserving energy at any walking speed
- Loosening exercises, core strength drills & exercises
- Program development, Smart Program upgrades

ChiWalking Level II (2 hrs.)

The Level II workshop is for anyone who has attended ChiWalking Basics & has been practicing the technique.

- Brief review of ChiWalking Basic skills
- Cadence practice, pelvic rotation
- Improve walking efficiency at every speed
- Hill techniques for gradual and steeper hills
- ChiWalking techniques specific to hiking
- Improving efficiency at any speed
- Body looseners, core strength exercise, breathing practice.

THE VERY BEST WAY TO LEARN THESE SKILLS is to **SCHEDULE YOUR WORKSHOP NOW** and begin reading the book *ChiWalking* by Danny Dreyer. See you soon! - Pat

ChiWalking Workshops

Schedule Your Own Workshop (2 hrs.)

ChiWalking Basics or ChiWalking Level II

1 person: \$130 5-7 people: \$80 per person
2-4 people: \$100 pp 8-12 people: \$60 pp

Hourly Training

1 person: 1 hr. \$75 2 people: 1 hr. \$60 per person
 2 hrs. \$130 2 hrs. \$100 pp
 4 hrs. \$220 4 hrs. \$185 pp

Scheduling

- Contact Pat by email to request available training dates/times. Please include your desired training location and schedule format.
- New clients must schedule at least 2 hours of training.
- ChiWalking Workshops require 2 hours per workshop.
- Scheduling Formats: Training packages & workshops can be used as one session or consecutive weekly sessions of one hour each. All session dates to be confirmed before first session begins.
- Locations: All training is located outdoors. Shelley Lake location in Raleigh is scheduled on Fridays. South Park or Honeycutt Rd Park locations in Fuquay-Varina are scheduled on Mondays.

Payment

Full payment is due at onset of your first training session. Make checks payable to Pat Reichenbach.

Cancellation or Missed Session Policy

- Cancellation of a training session must be made at least 48 hours in advance to receive full credit for re-scheduling. If cancelled less than 48 hours before the start time of your session, 1/2 credit will be applied. "No-show" without contacting the trainer in advance will be counted as a used session.
- Cancellation of sessions or workshops due to inclement weather will be rescheduled for a future date. If the weather looks threatening, both client and trainer will make the effort to make contact by phone.
- Courtesy make-up for missed sessions applies to weekly workshop participants. A courtesy 20 minute make-up session is available just prior to the start time of the next class. You must contact the trainer to schedule this.



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
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ChiWalking Workshops for Wellness Groups

Free Clinics and ChiWalking Workshops are available for Wellness Programs at Special Low Rates. A minimum of 10 participants is required. Plan at least 6-10 weeks in advance. Contact Pat for details.