



Get fit and feel great. ChiWalking is first and foremost a fitness program that gives you all the benefits that cardio-aerobic conditioning has to offer.

Walk without discomfort. ChiWalking reduces injury and improves your efficiency. You will learn proper body alignment & injury-prevention techniques which eliminate back, knee, hip & other aches & pains. When your walking form is improved, the benefits are far reaching.

Walk longer distances with greater ease. ChiWalking teaches you to move from your core while relaxing your peripheral muscles, instead of pushing and pounding your way down the road. ChiWalking gives you a powerful sense of balance & stability, while teaching you to relax and conserve energy at any walking speed!

The ChiWalking skills are appropriate for everyone whether you're just getting started walking or planning to participate in a marathon, half marathon, 10k or 5k event. ChiWalking by Danny Dreyer is suggested reading.

Free Clinics: Check my Free Lectures/Demos page.

Workshops: The workshop is where you will learn the essential skills for your ChiWalking practice. The same skills are taught in the Half-Day Format and the 3-week workshop. If you miss a class in the 3-week workshop, a make-up session is available 30 min before the start time of your next class.

In the ChiWalking Workshops you will learn:

- The 5 Mindful Steps of ChiWalking
- Posture, Alignment
- Injury prevention techniques
- Lower body & upper body focuses
- Moving forward, Cadence
- Loosening exercises
- Conserving energy at any walking speed
- Adapting to uphill and downhill walking

Bonus for my clients: All of my clients, past and present, are invited to review and renew their skills by repeating a same level workshop...absolutely free in 2010! Just send me an email to let me know which workshop you plan to attend.

Advance registration is required for all workshops.

- Max 15 participants

ChiWalking Workshops

Group Workshops will resume in September.

Cost: \$75

Registration:

1. Send an email to Pat: Pat@PatsPersonalTraining.com. with your name, phone number and the date / location of the workshop you plan to attend:
2. Pay online with PayPal (Click on the 'Pay Now' button next to the desired workshop) or mail a personal check to Pat Reichenbach. When payment is received, you will receive an email confirmation from Pat.

Schedule Your Own ChiWalking Workshop

Group Workshop for 3-12 people

\$75 per person

A 3-1/2 hr workshop is scheduled for your group. Choose either a 3-Week Workshop, a 2-Week Workshop or a Half-Day Workshop. Contact Pat.

Personal Training

1 hr: \$75.00 2 hrs: \$130.00 3 hr Package: \$165.00

Shared Training for 2 people

1 hr: \$90 2 people @ \$45.00 ea.
3 hr Pkg: \$225 2 people @ \$112.50 ea.

Business owners

Wellness Program rates are available for groups of 10 or more. Contact Pat for details.

Notes:

- Your Group Workshop or Personal Training can be located in Raleigh, Cary, Apex, Holly Springs or Fuquay-Varina, NC or surrounding areas. For location exceeding 25 miles from Fuquay-Varina, NC, there will be a trip charge of 50c per mile added
- ChiWalking instruction is typically held outdoors at a public facility such as a park. Appropriate indoor facilities can be used as well. Additional cost will apply if the desired facility charges a fee for use. Discuss location & facility prior to scheduling.
- 3-4 hours is needed to cover the ChiWalking basic skills.
- New personal training clients must schedule a minimum of 2 hrs.
- Make checks payable to Pat Reichenbach.
- Contact Pat at least 4 weeks in advance to schedule your training. Please include your location and desired training dates/times.



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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