



Japan Karate Federation Ryobu-Kai NW

Hombu Dojo • Hillsboro, Oregon

Wellness Seminar

Three amazing providers show us how to make our bodies move in harmony for best athletic performance. Each subject will be covered in a 50 minute session with 10 minutes between. One price covers all sessions.

When: Saturday, June 6th – 10am to 1pm

Where: JKFNW Hombu Dojo 22267 NW Imbrie Dr. – Hillsboro 97214



10am - Kelly McFarland and Zac Vehers – Egoscue Method. The Egoscue Method® is a postural alignment therapy system comprised of a series of personalized stretches and movements designed to improve musculoskeletal function and eliminate pain; without drugs, without surgery, and without manipulation. They empower individuals to tap into their body's ability to heal itself.



11am – Chris Novakoski – Yang Style Tai Chi and Chi Gung Breathing. Tai Chi benefits include improved circulation, balance and posture; increased strength and flexibility; and reduced stress. This internal art reaches deep inside the body to benefit the entire physiology including the tendons, joints, spine, connective tissue and internal organs. It restores the calmness and peace of mind that is often lost through the desires and anxieties of daily life.



12pm - Jonathan Erhardt, PT – Physical Therapy. Erhardt Physical Therapy believes the path to wellness is healthy living. The key to healthy living is an active lifestyle and a balanced diet. EPT offers pre-operative assessment and exercise programs, home exercise, gym, ergonomic, and family/caregiver programs. In this session focus is on balance, core strength training, with educational guidance on back and neck health designed to improve and maintain quality of life.

Cost is only \$45 for all three – Limited space – register now!

MAIL THIS FLYER with your check payable to JKF Karate of Hillsboro Inc. to the dojo address above. Questions? Call or email the dojo – (503) 430-8306 – info@karateheadquarters.com Liability waivers will be required and will be provided for signature at the event.

*** Profits from this seminar benefit JKF of Hillsboro Karate, Inc., a non-profit 501 (c) (3) organization. Federal Tax ID 93-1306094. Proceeds are used to help fund athlete, coach and referee travel to elite level tournaments. Consult your tax advisor for specific tax advice. Thank you for your support.