

Move Like a Champion

Your Body's Operating Manual



Kasia Kozak



Diane Jarmolow

**FINALLY, A PROGRAM
TO DEVELOP YOUR
BODY FROM THE
INSIDE OUT!**

Teachers: This simple and fun system will give you the tools to address and empower your students to become true dancers .

Dancers: This system will empower you to operate your body and get it to do what you ask it to. It will give you the tools to develop yourself into the dancer you dream of becoming!

**SOLVE THE PROBLEMS
THAT PLAGUE MOST
DANCERS . .
SHOULDERS TOO HIGH,
LACK OF BALANCE,
NOT MOVING ENOUGH,
AND DOZENS OF OTHERS!**



Workshop: This 14 hour workshop covers all 64 exercises, each one designed to teach you how your body works, and empower you to produce the actions needed for Ballroom, Latin and Swing.

Where: Core Fitness, 4001 Miller Road, Wilmington, Delaware
(for directions go to: www.corefitnessstudios.com/find-us)

When: Saturday, March 31 and Sunday, April 1, 2012
from 9:30 AM—5:30 PM (with a 1 hour lunch break)

Cost: \$495 per person by March 10, 2012. \$525 after March 10st.

Nearby Hotel: Double Tree by Hilton Hotel Wilmington,
4727 Concord Pike, 1 (302) 478-6000

Includes: 14 hours of training, Move Like a Champion book,
props to enhance workshop!

Instructor: Diane Jarmolow

To Register: www.movelikeachampion.com or call (510) 336-9426

