



# RESTORATIVE EXERCISE™

**Restorative Exercise™ utilizes the science of biomechanics, and the practice of whole body movement to improve physical function and health.**

**Restorative Exercise™ is a specialized set of exercises designed to:**

- decrease pain
- increase metabolism
- improve blood flow
- reduce wear and tear on joints and tissue
- enhance proprioception

**Each class will incorporate:**

- biomechanical alignment principles
- self evaluation/awareness (where am I, and where do I want to be)
- motor skills
- whole body movement.

**With the body aligned you will: decrease pain, improve balance, improve range of motion, posture, flexibility, and strength.**



To find out more about Restorative Exercise™, Susan is offering a free introductory class. Take advantage of this offer: learn how to stand in alignment, assess the tension held in your quads, begin reducing pain, and improve mobility with 4 exercises to take home and practice right away.

Schedule your free session today: 801.859.4142 or start attending classes, see schedule and fees below.

Classes: M W at noon  
T Th at 6:30am  
W at 5:30 pm

Classes are one hour. Bring a yoga/exercise mat and exercise kit to class. See you there!

Fees: drop in \$15, 10 class pass \$100, 20 class pass \$160

Exercise kit: \$30 The kit includes: a yoga strap, yoga block, half dome, mini band and tennis ball.

**INSTRUCTOR:  
SUSAN MCLAUGHLIN, PT**

**SUGAR SPACE  
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