

Biomechanics for Tai Chi and the Movement Arts

Spiral Anatomy™

Advanced Biomechanics and Mind-Movement Integration Training for Tai Chi and Movement Specialists.

with **Susan Matthews, ND**
MS Neuroscience, MS Anatomy, Tai Chi/Qigong



Saturday/Sunday

Date TBA (October/November, 2014)
9:00am - 4:30pm- Biomechanics and Basic Spiral Training. Basic Elements of Spiraling Biomechanics, Central Equilibrium, and Dantien.

\$95 full day includes morning fundamentals session.
Please register by Sept. 13.
Registration includes visualization dvd.
Pot luck lunch.

Location: Third Street Center, Round Room
Carbondale, Colorado

Marty Finkelstein at 970 948 7379
mhfink@sopris.net

Susan Matthews at 970-903-5723
mail@susanamatthews.com

***Susan A. Matthews, MS, ND** is founder of Shanti School of Taijiquan, Spiral Anatomy™, Brain Workshop™ and works with movement disorders, neurorehabilitation and chronic pain. She has been practicing and teaching Taijiquan and Qigong for 30 years. Her training includes over 20 years in the biomedical sciences, earning degrees in Neuroscience, Anatomy and Neuroendocrinology as well as Naturopathic and Traditional Chinese Medicine healing technologies. Susan has a passion for ballroom dancing. Her students benefit greatly from a rare integration of Oriental energetics with Western scientific theory and research.*

Spiral Anatomy™ - Advanced Biomechanics and Mind-Movement Integration Training.

Susan Matthews combines western training and experience in biokinesiology and biomechanics with Chen style tai chi training called silk reeling. She describes the physical movement of the individual vertebra of the spine, along with the relationship and integration of the spine with all the other joints.

Her signature **Spiral Anatomy™** training has provided a model and a language for understanding this universal mechanical and energetic movement.

Visualization of movement of internal energy, and mental or spiritual intent--all of these components must be integrated with each other to create effective, relaxed, whole-body movement.

With this framework the fundamental principles of **yin-yang** including the dynamics of left/right, front/back, up/down, and in/out can be described very specifically both physically and energetically. Essential for push hands and sports.

Power and stamina can be obtained that strengthens bones and joints, rather than produce wear and tear. This technology has the potential to heal the body structure suffering with **chronic pain**. At an energetic level it can be used to promote **spiritual development** by understanding how the structure supports letting qi flow through.

'Hello Susan, I was one of the fortunate people to have participated in your Spiral Energy class in Mission Viejo, CA. Thank you for sharing your knowledge with me. I regard this as a turning point in my life. I feel that my eyes have been opened to a new way of living and getting more out of life. Thank you again. Kind Regards,' Kathleen Black

'I suffered from back pain, stiffness and occasional sciatica as a result of back and car accidents that left my entire spine feeling traumatized. She showed me how to move with a different awareness and make a few key changes so that the pain just went.'



Visit www.SusanAMatthews.com
for more information and details