

**“Discover the Revolutionary Holistic Movement & Longevity Exercises
for Enhancing Your Health, Performance and Potential”**



Spiragenics

***Healing & Empowering Yourself
through the Way You Move***

Spiragenics offers a very different and unique approach towards integrated movement and holistic exercise, which goes beyond the traditional more pain = more gain approach of western exercise, aerobics and the eastern forms of yoga. Spiragenics provides you with a Movement Foundation for Life, which allows you to move and exercise the way your Body is designed to:- with Effortless Ease, Elegance and Efficiency. This will revolutionize the way you stand, sit, walk, exercise, do yoga and even meditate. Once you experience and feel the difference between **Spiragenics** and all the other myriad forms of movement/exercise systems you will be amazed at the awesome simplicity and immediate benefits you will receive from your very first lesson.

***Take a Look at the Benefits and Comparisons between -
Spiragenics Holistic Exercise to the more familiar Traditional Linear Exercise***

Traditional Exercise

- 1) More Pain = More Gain Paradigm.
- 2) Mostly mechanical, repetitious movements, with focus on quantity of movement v's quality.
- 3) Mostly linear, isolated and disconnected movements— which tend to go against the natural flow of energy, which is spiral. This can have an adverse stress reaction.
- 4) Spend lots of time warming up, stretching and exercising at the high cost of stress, strain & injury.
- 5) Over focus on goals. Exercising for end gains such as getting fit, loosing weight etc... by over doing and over efforting.
- 6) Brings slow and some relief from back or neck injuries. NB. how most people stop exercising when they have an injury and other therapeutic measures are introduced for healing and relief of pain.
- 7) Major focus is on body, physical exercise and exertion, with no real connection to exercising ones higher faculties of mind and soul.
- 8) No real new learning & expansion is possible, due to the repetitive and more robotic nature of many exercise systems. Tends to keeps one stuck in harmful unconscious habits and limitation.
- 9) Effortful over controlling movements, which lead to the inhibition of ones true spontaneous movement potential.

Spiragenics Holistic Exercise

- 1) Less Strain = More Gain / No Pain Paradigm.
- 2) More exploratory movements with awareness. Focus is on quality of movement v's quantity.
- 3) Mostly circular / spiral connected movements— which actually go with the natural flow of energy, maintaining and also strengthening previously weak and stressed muscles.
- 4) Spend less time warming up with a total body/mind workout in 5–10 mins, with little or less risk of stress, pain, strain or injury.
- 5) Focus is on moving in harmony with your whole body/being. All goals are the result of the correct way of moving & exercising, the way your body is designed.
- 6) Brings more rapid relief from back / neck pain and stress thru the rejuvenating & healing effects of the spiral (Spiragenics) movements. Integration & healing is enhanced without the need of outside intervention.
- 7) Major focus is on the whole person, which includes body mind integration / awareness exercises, as well as spiritual integration or meditation for your soul.
- 8) Learn the fun-damentals of movement, like music to expand your conscious creative & connected movement repertoire to unlimited joyful heights.
- 9) Effortless flowing movement, leading to the development of ones true spontaneity and authentic expression of Self.

Feel the Difference ~ Then Feel the Freedom

Classes, Seminars & Individual Lessons
with **Rishard Stelmach** (Kinesiologist, Holistic Health/Movement Facilitator)
Phone 07 5533 9153 or 0410 48274 / email: spiragenics@yahoo.com