

THE EFFORTLESS SWING®

approach for optimal golf

Deep down inside, every golfer knows what it means to swing effortlessly...You know, that time...when somehow the club meets the ball in such a way that the ball lifts and flies...with no effort at all.

Learn to use minimum effort and become more consistent...focused...and powerful.

WHAT PEOPLE ARE SAYING:

"I knew what to do from my golf lessons, but the body awareness really helped me apply the 'knowing'. I also found my ability to focus improved."

– ELLIOT TERTEZ, PHARMACIST, GOLFER

"I know now what they mean when they say - move from my hips. I really never understood that before."

– GARY SCHNEIDER, COMPUTER PROGRAMMER, GOLFER

"Thanks to the effortless swing approach my drives were that much more consistent and consistently longer. My son asked if I had been working out"

– STEPHANIE DANIELSON, RETIRED TEACHER

"The aim is a body that is organized to move with minimum effort and maximum efficiency, not through muscular strength, but increased consciousness of how it works."

MOSHE FELDENKRAIS D.Sc.

A PHYSICIST, MECHANICAL ENGINEER AND JUDO MASTER

The Effortless Swing approach is a series of kinesthetic movement "lessons" designed to minimize your muscular efforts and maximize your performance so you can reproduce a natural, easy swing, more consistently as you play your game of golf. *The Effortless Swing* approach improves the posture, balance and weight distribution necessary for an optimal golf swing. This process brings thinking back into moving, improves fine tuning, and is perfect training for the complete attention necessary for the golfer.

The Effortless Swing approach, utilizes specific *Awareness Through Movement*® lessons created by Moshe Feldenkrais, Dr.Sc., adapted for the golfer by Bonnie Kissam, M.A.. For over a decade Bonnie Kissam has helped hundreds of golfers improve their golf swing through *The Effortless Swing* approach.

Fifty years ago Dr. Feldenkrais wanted to teach himself and others how to move efficiently, in an effortless yet powerful manner. When a golfer learns this way of thinking and moving, he/she has a tool for life.

LEARN TO SWING FROM THE HIPS

- Learn to stay flexible and agile
- Learn attitudes and tools to establish consistency
- Learn ways to develop a "feel" for each shot

Call toll free **1.866.EZSWING** with any questions or more information
Or visit: **www.effortlessswing.com**

INSTRUCTOR:
Bonnie Kissam M.A.
M.A. in Physical Education
Certified Feldenkrais Practitioner '83



The Effortless Swing is service mark of Bonnie Kissam and BKissam Productions. *THE FELDENKRAIS METHOD*,® *FELDENKRAIS*,
AWARENESS THROUGH MOVEMENT and *FELDENKRAIS PRACTITIONER*® are service marks of the *FELDENKRAIS GUILD OF NORTH AMERICA* 1.800.775.2118

Presented by:

Dates/Times:

Location: