

If you enjoy golf, a great way to uplevel your fun

Improve your golf swing *Workshop*

From Your friends Ray and Laura



Registration Details

The workshop early bird rate is \$120. After May 1, 2024, the rate is \$135. Go to Laura McCann's website to register for the workshop. It is suggested to wear comfortable clothes. The removal of shoes or glasses is required during the workshop.

The workshop is considered educational, and not medical treatment. If you have questions about your medical condition or are looking for medical advice, consult your medical professional.



A healthy living formula to improve

Are some movements becoming harder to do, especially golfing? Are you over 40 experiencing reduced vitality and wellness? More aches and pains? Is your balance not as good as it used to be?

Achieving optimum performance requires discipline and work. But we can start in simple and small ways.

Come try a few hours at a fun workshop! It is like trying a new restaurant, test driving a new car, or trying on new clothes. If at any time of your life you are eager for a more vital, active lifestyle, then this is a great experiment to say "yes" to. The 4.5-hour workshop (1-5:30 pm) is on Saturday, May 17, 2025. Center City Studio, 152 Ashman Court, in Midland, Michigan.

The golf workshop is based on **Neuromovement®** and the **Feldenkrais Method®**, both designed to enhance movement, coordination, and overall well-being.

The **Feldenkrais Method**, developed by **Moshe Feldenkrais** (1904-1984), pronounced "MO shay FELL den krice", is a revolutionary approach to movement and learning. **Anat Baniel**, pronounced "a KNOT ban YELL," was a direct student of Feldenkrais and evolved his teachings into **Neuromovement®**, emphasizing key neuroplasticity principles of brain function. Both workshop instructors studied under Anat Baniel. Neuromovement® consists of two parts. The group lessons are this workshop and weekly group classes.

Private lessons are available upon request with Ray Burns or Laura McCann. For private lessons, visit: lucrativemovement.com (Laura McCann) and rayburnssaginaw.com (Ray Burns).

For more information about these methods, visit: anatbanielmethod.com / feldenkraismethod.com

POSSIBLE BENEFITS OF THE GOLF WORKSHOP

- Reduce aches and pains.
- Gain enhanced flexibility and natural strength.
- Learn a cutting-edge, science-based approach that you can apply to your golf game.
- Maybe gain something you couldn't do before?
- Learn a biofeedback way to measure incremental changes in your body after movement or exercise.
- A perk of learning to turn easily also improves your balance!
- Review the keys to learning: *desire, attention, mild alertness, repetition, variation, breaks, mistakes, curiosity, sleep.*

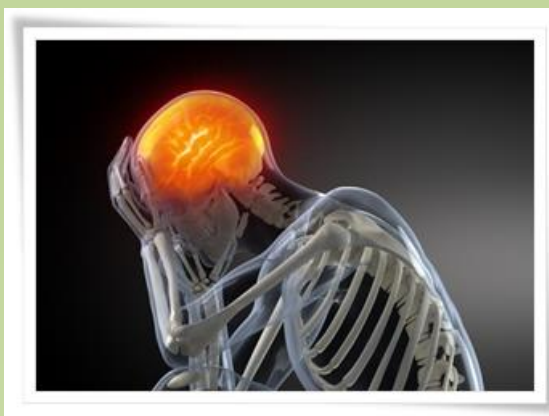
Take a spot on the playground relearning skills

Skills needed to improve golfing are broken down into smaller pieces of movement. Workshop participants will do 4 movement lessons, each 30 to 45 minutes long. **The focus of the four lessons is turning around an axis (like a golf swing) learning the minimal expenditure of effort.**



Focus on the “secret” behind performance...it’s the brain

Each lesson is a sequence of movements focusing on a specific function such as getting up from sitting to standing, twisting, etc. The lessons unpack gentle, slow, and safe movement lessons designed to wake up your brain to create new neural connections.



Whether you enjoy pickleball, jazzercise, Pilates, yoga, weightlifters, gardening, playing with grandchildren, or a mom juggling many tasks, you like successful performers, at times experience limitations or pain they’d like to overcome. Yet many hours of practice and great efforts often lead to minimal or no additional progress. Training frequently focuses golf clubs, on your muscles, repetition, trying harder and harder, yet magic can happen by recognizing previously unknown movement patterns.

“A functional movement expert can address inefficiencies. Unless you are a professional dancer, martial artist, or yoga teacher, you are likely to have movement problems you are unaware of. As a rule, if you have chronic pain somewhere in your body, it sucks energy from you all of the time. That energy you could be applying to all other things you want to do.”-from the book Smarter not harder biohacker Dave Asprey

Movement is done with *lots of attention to improve your observations skills*. The lessons are designed to feel as you move, which is the language through which our brains gather new information and problem-solve. Being alert during slower movement patterns allows for *self-editing*. **The lessons also often culminate with you being able to do something you couldn’t do before.**

Workshop objectives

- Learn that the human body is more fit for golfing when you can **move in any direction with practically minimal expenditure of energy**
- Learn the human body is most efficient for golfing when it is held in such a way as to be capable of **turning itself round with the least effort, i. e., the least moment of inertia around a vertical axis**
- Learn what movement serves you in a powerful way or doesn’t serve you well (how old injuries, trauma can show up).
- Learn about neuroplasticity, the brain can change at any age.
- Learn about movement pattern recognition through lecture and slow experimental, safe movement.

Performance not improving?

You can reach new breakthroughs in performance. It’s not your fault. We are not taught how to learn. People struggle with learning, especially as we get older. I ask participants is to set aside your beliefs about aging or fitness for a few hours. Trust the instructors. Come to the workshop with an idea to explore new territories and be curious. Learning is a bit of “a game”. We encourage you to be playful about it. This can improve whatever activities you do or what lights you up. Often, pain is caused by habits that unknowingly show up. What is needed is to change these habits is to discover ways to **self-correct** how we move ourselves so we can move with more ease.

What would make you or others say “yes” to attend this workshop?

- ✓ You are eager to improve or maintain an independent *vital* lifestyle
- ✓ improve whatever *lights you up*...
- ✓ You enjoy testing what capacities *you can do* with your body.
- ✓ You like *investing in yourself*.

The instructors with functional movement expertise

Ray Burns is a Feldenkrais Practitioner®, Anat Baniel Method® Neuromovement® Practitioner, Physical Therapist (PT) working in Saginaw, MI since 1989. Ray works part-time, accepting new clients, all self-paid. www.rayburnssaginaw.com. 989.573.0891, call or text. Ray enjoys working with clients with a strong desire to improve their lifestyle. Ray enjoys walking his dog and playing golf on occasion.

Laura McCann is an Anat Baniel Method® NeuroMovement® practitioner. Laura has a special needs child which led her to this work. She loves working with [children with special needs](#) and adults at any level. She is active in martial arts and enjoys sports including softball and golf. Laura currently has a practice in Midland, Michigan and is accepting new clients. Visit www.lucrativemovement.com or call/text 989.330.2561

