

THE SPINE REVOLUTION

An Intensive Weekend Workshop Using
The Terol Method of Corporal Re-Education & Postural Correction

www.TerolMethod.com



THE TEROL METHOD HAS BEEN TESTED AND IMPLEMENTED BY THE DEPARTMENT OF PHYSICAL THERAPY AT THE UNIVERISTY OF FRANSICO DE VITORIA IN MADRID, SPAIN, EUROPE'S MOST PRESTIGIOUS CENTER FOR PHYSICAL THERAPY.
WWW.UFV.ES



THE TEROL METHOD IS SAFE AND EFFECTIVE EVEN IF YOU SUFFER BACK PAIN DUE TO:

- Bulging or Herniated disc
- Degenerative disc disease
- Facet joint syndrome
- SI-joint dysfunction
- Sciatica
- Osteoarthritis
- Spinal stenosis.

Saturday, May 17th
From 2pm - 6pm
&
Sunday, May 18th
From 10am-1pm

\$259.00 for both days.

For more information and to Register:
e: terolmaria@hotmail.com

or

ph: (202)841-1831

Location: Dance Exchange.
7117 Maple Ave, Takoma Park, Maryland.

Discover the cause of your pain:
lower back, neck, feet, sacro-iliac and sciatic pain.

You will be provided with a personal assessment of your posture and movement patterns.

Learn Terol Method exercises that will alleviate and eliminate your lower back pain, sciatic pain, neck pain, muscular tension and more.

Tone your abdomen, gluteus, pelvic floor and feet with a methodical and painless technique.

Receive a take-home handout for a daily routine to keep your back pain-free once and for all.