

Introducing SoFlex



7th September - 29th November

What is SoFlex:

- A 12 week plan to assess your individual postural and flexibility level, strengths, weaknesses and goals, and work towards improving them.
- An education course - we will give you information on anatomy and physiology, and stretching theory and technique!
- A group plan, with individual feedback where possible, but with the benefit of group support and group stretch classes.

What SoFlex is NOT:

- A hardcore contortion programme. You will not be able to perform advanced contortion after 12 weeks!
- A get-splits-quick programme. Although you will see improvements over the duration of the course, we aim for all-round flexibility and everyone will move at a different pace.
- For any specific level of flexibility - everyone is welcome!

Testimonials:

- ❖ Love SoFlex, and liked the option of doing it from home!
- ❖ Loved it! Want to learn more and try to keep it up.
- ❖ I was surprised at how enjoyable it was! The zoom calls helped too and felt sociable - had a laugh. Really cool, I hope it runs again!
- ❖ Wonderful group of people, so fun to see everyone's progress. Really enjoyed SoFlex
- ❖ Fantastic course, fantastic instructor, so glad I booked on, so happy with my progress!! I didn't realise I would learn so much as well as improve flexibility, I now feel way better informed and hopefully will be able to continue to make progress with all the new knowledge!

How much will it cost?

£75 per month for 3 months OR £199 if you pay upfront!



What is it?

7th September - 29th November

- ❖ 12 weeks of guided stretching sessions, taking place 3 times a week and focussing on a variety of key elements of flexibility. These will be live but also recorded so you can do it whenever best suits you! (Up to 7 days after the class' live broadcast)
- ❖ Individual posture self-analysis and correction suggestions! (we will tell you how to do this)
- ❖ Progress photo reminders and support!
- ❖ Individual goal-setting and re-evaluation throughout.
- ❖ An initial PDF handout with loads of information in, covering topics including anatomy and physiology, stretching theory, nutrition, injury prevention etc.
- ❖ Lifetime access to a members-only Facebook group where you can support each other, and share your progress photos!
- ❖ Online support from the head trainer to help you out!
- ❖ During the course you will get discounts on face to face workshops (if we can run them!) on things like partner stretching, partner massage and complementary skills such as handstands/conditioning/partner acro! Also discount on stretching 1:1s and massage treatments with the head trainer (qualified sports massage therapist)

Structure/Set-up

The sessions will be 60 to 90 minutes long.

There will be 3 sessions a week, and they will be focussed on areas of the body to stretch. When you set your goals at the start, we will use this to decide if you want to stick to just doing the 3 sessions, or if you want to repeat any (as they are recorded, you could repeat them if you wanted - or just parts of them!) We will also help you structure your week/other workouts and find a way to schedule in the time to get all this stretching in! Just doing the three sessions a week will get you progress, but if you can fit in another session, it would really improve your results hugely!

Session A will be working on back and shoulder stretching and forward split stretching, Session B will be focussed on pikes, straddles and box splits, and Session C will be on back and shoulders again, as well as hip flexors.