



'Rossiter' is a system of power stretches that quickly loosen tight fascia.

The practitioner pins down specific areas and coaches you through moving to stretch out tightness.

Stretches are intense, but short, and results are immediate.

Rossiter stretches are used to relieve pain, regain and build range of motion, and to enhance performance.

There are over 200 stretches comprising the Rossiter System - something for just about any structural/soft tissue problem in the body: knees, neck and shoulders, low back, hips, feet, wrist & elbow issues... and more!

Your initial session may take an extra 10 minutes to briefly talk about your health history, an introduction to the Rossiter work, and Rossiter stretching for a specific area.

Follow on sessions are usually scheduled in 20 minute increments. Most lower body work can be done in that time. Some upper body work requires 40 minutes. If you want to work on more than one area, you will need to schedule a 40 minute Extended session.

Rossiter Quick Fix: 10 minutes for \$25

Rossiter Workout: 20 minutes for \$55

Extended Workout: 40 minutes for \$95

Group Sessions: 60 minutes + 15 min intro – 4 people for \$45 each

Some limiting factors:

- If you are currently under a doctor's care and have an ongoing illness or disease, or have undergone surgery less than 6 months ago, we need to talk.
- If you have taken pain killers (OTC or prescribed) or blood thinners in the past 24 hours, we will need to wait to work with you.
- You must be able to get up and down off the floor on your own and be willing to take effective weight and work to stretch that tightness back out of your body.

After your session, stay hydrated and WALK! Walking helps your body integrate the space you just put back during your session. Not strolling, walking like you've got someplace important to go.

I am Diane Meyer. I have been a Certified Rossiter Coach since 2005, a Rossiter Instructor since 2007 and a Senior Rossiter Instructor since 2010. I am so confident in The Rossiter System, that if you take appropriate weight and stretch hard, I guarantee you will be happy with the results from your first session, or you don't pay. For appointments or more information, please visit <http://rossiterstretching.com> or call me at (970) 945-5600.