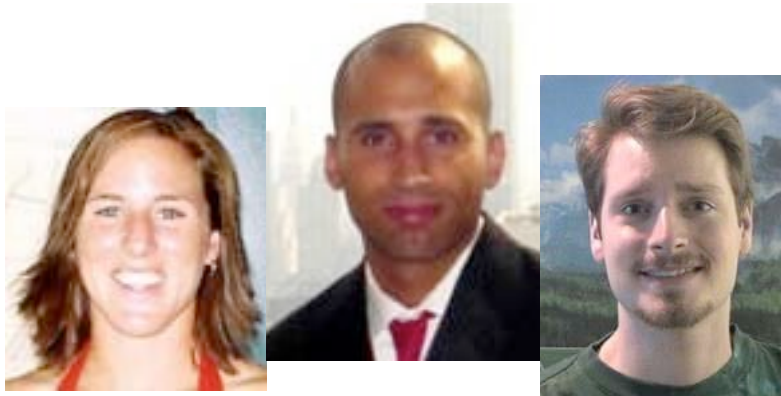


Meridian Flexibility™ Level 1 Certification Training

Resistance Flexibility & Strength Training

No previous experience required!

This opportunity is not just for professionals,
but for anyone who wants to learn the system directly
from our top trainers, Anne Tierney, Steve Sierra, & Dave Allen

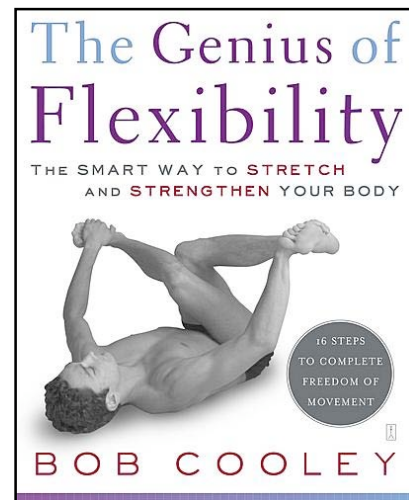


July 12 & 13, 2008
Crowne Plaza Cabana Hotel,
Palo Alto, California

10 am to 5 pm
\$500 for 2 full days of training

Resistance Flexibility and Strength Training (RFST):

- gives immediate, cumulative, and permanent increases in flexibility
- takes the pain out of stretching
- increases Range of Motion (ROM)
- prevents injuries from over-stretching





What You Will Learn:

- Principles of RFST and MFS
- Self stretching and assisted stretching
- Stretches for all 16 Meridian Muscle Groups
- Classroom and private session formats
- Nutritional supplement and dietary information

What You Will Receive:

- Printed manual that includes all information covered in training
- DVD that includes videos of all stretches
- Instruction from highly-skilled MFS trainers
- Accredited: 1.4 NASM CEUs, 12 ISSA CEUs

What You Should Bring:

- Comfortable clothes
- Yoga mat(s)
- Towel

Two of Bob Cooley's Elite Team, Anne Tierney and Steve Sierra, do private sessions and run Certifications and Workshops across the country.

They have worked on professional athletes such as Alan Houston (NY Knicks) and Charlie Ward (Houston Rockets), as well as clients with severe back and heart problems, cerebral palsy, numerous injuries, and everyday individuals.

They were the lead trainers involved in the NBC makeover of "The Today Show" Anchorman Al Roker and his quest to "Lose the Last 20."

Anne and Steve currently live in Florida, where they are training Olympic Gold-Medalist Dara Torres for the 2008 Olympics.

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Dave Allen 415.672.2153

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