

Shoulder & Neck - Shop



A supported neck and aligned shoulder girdle are a real statement of good posture – and looks great! The neck supports the weight of the head and protects the nerves that carry sensory and motor information from the brain to the rest of the body. This workshop will teach you, using practical tools, how to align the shoulders, lift and support your neck, in the Method Putkisto way.

The neck should be highly flexible allowing the head to turn and flex in all directions. The neck has a great deal of functionality but is also subject to a lot of stress. The shoulder must be mobile enough for the wide range of actions of the arms and hands, but also stable enough to allow for actions such as

lifting, pushing and pulling. The shoulder is the most movable and thus unstable joint because of the range of motion allowed. Any problem in the region of the shoulder girdle nearly always has its origin in the neck and vice versa.

Method Putkisto is a method to get to know your own body and targets the overall balance of the body. We believe everyone should have freedom over movement and have a life free of pain.

DATE

Tuesday 7th February • TIME 2-4.15pm

PRICE

£105 (note: maximum 8 participants)

BOOKINGS & ENQUIRIES

Call 020 8878 7384

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