

# TWO WORKSHOPS FOR BALANCE AND BODY MOVEMENT MAY 11



with **Susan Matthews, ND**  
MS Neuroscience, MS Anatomy, Tai Chi/Qigong

## Balance, Posture, Pain Relief, Fall Prevention

*Get Balance*  
**Brain Workshop™**  
Movement Training for Brain Health

**Saturday, May 11, 2013**  
9:30am - 12:30pm

\$45 Register before May 1 (\$50 after May 1).  
Couples/friend discount (\$85 before May 1); ask about scholarships.

*'I am amazed at how much better my balance and concentration is after just one workshop!'*

*'I have Parkinson's disease. After working with Susan, balance is not a problem! After just one year with Dr. Matthews my UPDRS motor examination score went from 21 to 8! Everyone with PD needs this information. John H., Durango*

### Location

**Center for Spiritual Living**  
658 Howard Street  
Delta, Colorado

### Please call for registration information.

Susan Matthews at 970-903-5723

mail@susanamatthews.com

Laurae Fortner-Welch at 970-856-2184

lbwelch@wildblue.net

**Susan A. Matthews, MS, ND** is founder of Shanti School of Taijiquan, Brain Workshop™ and is a Movement Disorders Specialist. She has been practicing and teaching Taijiquan, Qigong, and Spirituality for 30 years. Her training includes over 20 years in the biomedical sciences, earning degrees in Neuroscience, Anatomy, Neuroendocrinology, Neurochemistry, as well as Naturopathic and Traditional Chinese Medicine healing technologies. Her passion is ballroom dancing. Dr. Matthews' students benefit greatly from a rare integration of Oriental energetics with Western scientific theory and research in Biokinesiology, Biomechanics, Parkinson's Disease, neural circuitry in the developing spinal cord as well as neuroplasticity and regeneration after stroke.

## Biomechanics for the Movement Arts

**Spiral Anatomy™**  
Advanced Biomechanics and  
Mind-Movement Integration Training  
for Tai Chi and movement specialists.

**Saturday, May 11, 2013**  
1:30 - 4:30pm

\$45 Register before May 1 (\$50 after May 1).  
Couples/friend discount (\$85 before May 1); ask about scholarships.

*'I suffered from back pain, stiffness and occasional sciatica as a result of back and car accidents that left my entire spine feeling traumatized. She showed me how to move with a different awareness and make a few key changes so that the pain just went.'*

*Hello Susan, I was one of the fortunate people to have participated in your Spiral Energy class in Mission Viejo, CA. Thank you for sharing your knowledge with me. I regard this as a turning point in my life. I feel that my eyes have been opened to a new way of living and getting more out of life. Thank you again. Kind Regards, Kathleen Black 11/20/10*



Visit [www.SusanAMatthews.com](http://www.SusanAMatthews.com)  
for more information and details

## Biomechanics for Internal Martial Arts

### Afternoon Session

Saturday, May 11, 2013

1:30-4:30pm

\$45 Register before May 1 (\$50 after May 1).

Couples/friend discount (\$85 before May 1); ask about scholarships.

#### **Spiral Anatomy™ - Advanced Biomechanics and Mind-Movement Integration Training.**

Susan Matthews combines western training and experience in biokinesiology and biomechanics with Chen style tai chi basic training called chan shi jing or spiral training. She describes the actual physical biomechanical movement of the individual vertebra of the spine, along with the relationship and integration of the spine with all the other joints. Her signature Spiral Anatomy™, has provided a model and a language for understanding this universal mechanical and energetic movement and describes 'universal movement' based on the biomechanics of spirals found in all living, growing things in nature--in the wave-like motion the way fish swim, snakes slither, and birds fly. This information is combined with visualization of movement of internal energy, and mental or spiritual intent--all of these components must be integrated with each other to create effective, relaxed, whole-body movement. With this framework the fundamental principles of yin-yang including left/right, front/back, up/down, and in/out can be described very specifically both physically and energetically.

Power and stamina can be obtained that strengthens bones and joints, rather than produce wear and tear. This technology has the potential to heal the body structure suffering with chronic pain. At an energetic level it can be used to promote spiritual development by understanding how the structure supports letting qi flow through.

*Hello Susan, I was one of the fortunate people to have participated in your  
Spiral Energy class in Mission Viejo, CA.*

*Thank you for sharing your knowledge with me. I regard this as a turning point in my life.  
I feel that my eyes have been opened to a new way of living and getting more out of life.*

*Thank you again. Kind Regards, Kathleen Black 11/20/10*

**Susan A. Matthews, M.S., N.D.** has been practicing and teaching Taijiquan, Qigong, and Spirituality for 30 years. Her internal martial arts training is enhanced by over 20 years of study and research in the biomedical sciences, including Neuroscience, Anatomy, Physiology, Neuroendocrinology, Neurochemistry, and Naturopathic healing technologies. Dr. Matthews' students benefit greatly from a rare integration of Western scientific and Oriental energetics. She credits her strong Taijiquan training along with a deep knowledge and application of human anatomy and neuroscience for her ability to so effectively enable her students and clients to improve their own health and longevity.

Dr. Matthews earned a Master of Science from the Department of Cell and Neurobiology at The University of Southern California where her primary research was in dopamine and Parkinson's Disease. In her work within the Department of Biokinesiology and Physical Therapy she focused on neural circuitry and synchronized movement. She also studied the processes of neural regeneration after stroke. Dr. Matthews earned her Master's degree in Anatomy and Neuroendocrinology at the University of Texas Health Science Center at San Antonio

Dr. Matthews has been a Master Teacher of Chinese Internal Martial Arts, Founder of Shanti School of Taijiquan in the Four Corners area of Colorado since 1990. She was elected by a 12-country federation to serve as United States Vice President for The Worldwide Association for Chinese Internal Martial Arts.

Her signature Brain Workshop™ seminars and classes focus on neurorehabilitation after stroke, Parkinson's, and with aging and frailty (balance, bone strength, circulation, stress reduction). Current evidence resulting from research in the neurosciences is presented in conjunction with the biomechanical principles, strength, and meditation techniques of internal martial arts. She presents specialized seminars and classes in Tai Chi for women's health, seniors, arthritis, chronic diseases (MS, fibromyalgia) and, in particular, specializing in intractable chronic pain. She also presents seminars nationally in high performance biomechanics and synchronized movement training for Tai Chi, equestrian riding, mountain biking and skiing.

Susan owns and operates Serai Communication Arts and co-produces and markets MastersFromChina.com, more than 50 internal martial arts instructional videos, including her own Mind and Energy Movement in Taijiquan, Blood Circulation and Energy Gathering Qigong, Brain Workshop™, and Daily Breast Massage.