

# *Eica Halla*



Extreme Flexibility  
and  
Conditioning Workshop

~ Become flexible and  
strong in 3 hours ~

August 27th~28th 2015  
Hosted by:  
Seattle Rhythmic Gymnastics  
[www.seattlerhythmic.com/](http://www.seattlerhythmic.com/)  
[info@seattlerhythmic.com](mailto:info@seattlerhythmic.com)

## Eico Hatta

Specializes in body care, flexibility and conditioning training and choreography in Ballet, Dance, Synchronized Swimming, etc.

Her unique training method called "Hogurechi" is widely known for its extreme results in flexibility and strengthen among in Olympians and top level athletes. She is one of the most popular trainers in Japan.

Her clients include:



Japan  
Rhythmic Gymnastics  
National Team



Synchronized Swimming  
(World champion)

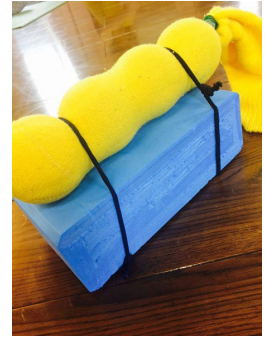


Takahito Mura (skater)  
2014 Four Continental Championship  
Gold medalist

## Schedule :

August 28th 9:00 - noon and  
August 29th 9:00 - noon

Location : TBD (North Seattle Area)



Fee: (Please send a check to: Seattle Rhythmic Gymnastics |  
102 NE 125th st. | Seattle WA 98125 | Payable to "Seattle  
Rhythmic Gymnastics")

\$100 per person for 1 day only

\$180 per person for 2 days

(Workshop observation and video recording isn't allowed.)

## What to bring:

A strong long sock, 4 tennis balls, 4 Bouncy balls (super ball  
49mm), yoga block, rubber band to tie the balls to the yoga  
block. SRG can provide this for an additional \$25.

Space is limited(Only 20 spots per session!).

Register now to save your spot.

For more detail : [www.seattlerhythmic.com](http://www.seattlerhythmic.com)