



# Pablo Aguilar

# infinity fitness

## BE YOUR BEST



○Kinesiologist○

○Posture & Movement Expert○

○Certified Personal Trainer○

○Healer○

Through a combination of holistic techniques & arts

○Home Visits○

### CREATIVE KINESIOLOGY

is a blend of Ancient Chinese Traditional Medicine with its understanding of energy in the body, and modern Chiropractic with its knowledge of muscles and bones and how they move.

**Muscle Testing** is a key part of Kinesiology, it is a gentle non-invasive way of getting a direct feedback (bio-feedback) from the body, mind and energy systems of a person. All levels are addressed, body, mind, emotions, nutrition, energy systems, spirit, soul - a truly holistic approach to healing.

### POSTURE & MOVEMENT EXPERT

Your nervous system manages your entire body. If you need to make changes in pain, range of motion, strength, coordination, speed, agility, or any other physical attribute, the fastest path to getting there is to figure out how to adjust your nervous system. Research has proven that the nervous system can continue to learn and adapt at any age, which means you can improve your body at any point in your life.

*In other words, your nervous system runs the whole show.*

### TEISHIN

Shamanic healers in ancient China discovered and developed the points and meridians of acupuncture using stone probes several thousand years before the invention of needles. The purpose of treatment is to heal and protect the "Three Treasures:"

**Qi** - nourishing, defensive and organ energies

**Jing** - fluid secretions

**Shen** - energies of intelligence and awareness

The word teishin signifies a needle-like instrument or probe that does not penetrate the skin. The advantage of this is obvious for people who fear needles.

### REIKI/SEISHEM MASTER

#### PAST LIFE REGRESSION THERAPY

non-hypnotic therapy, deep meditation, you are completely aware during the sessions.

### PILATES REFORMER

The reformer was invented by Pilates founder Joseph Pilates. It is a bed-like frame with a flat platform on it called the carriage, which rolls back and forth on wheels within the frame. The carriage is attached to one end of the reformer by a set of springs. The springs provide choices of differing levels of resistance as the carriage is pushed or pulled along the frame. The carriage has shoulder blocks on it that keep practitioners from sliding off the end of the reformer as they push or pull the carriage.

#### The 6 principles of Pilates are:

- |                  |           |
|------------------|-----------|
| 1. centering     | 4. focus  |
| 2. concentration | 5. flow   |
| 3. control       | 6. breath |



## ○Get Started Today - 707-672-5422○