

PRIMAL

HEALTH

SEMINAR

Food. Movement. Lifestyle. Simplified.

COURSE DESCRIPTION

The 'Primal Health Seminar' is aimed at teaching you the foundations needed to radically change your health. Taught by **Brad Rasmus**. (www.PrimalHealth.co , www.BradRasmus.com)

The course involves group seminars on nutrition, lifestyle and movement. Brad will help you personalise the most optimal way to strengthen, stretch and feed your body based on your current health and stress levels. These simple techniques and tools you will learn have been used successfully for Brad for years.

Bio:

Brad is a highly experienced holistic health professional that has been teaching people how to live healthier lives since 1996.

He is a CHEK Practitioner, Nutrition and Lifestyle Coach, Exercise Scientist and Personal Trainer.

See www.bradasmus.com for more information.



OPTIONS

Course can be completed in 1 or 2 days.

Charged in Australia dollars within Australia. US dollars outside Australia.

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| A/ Complete Course: | Sessions 1-7: 3 workshops, 3 seminars, 30min video |
| Price: | \$395 per person |
| Hours: | Approximately 6 ¼ hrs face to face + 30min video |
| B/ Nutrition & Lifestyle Sessions ONLY: | Sessions 1, 2, 3, 7 |
| Price: | \$240 per person |
| Hours: | Approximately 3 hrs 15 min + 30min video |
| C/ Corrective Movement Sessions ONLY: | Sessions 4, 5, 6, 7 |
| Price: | \$240 per person |
| Hours: | Approximately 3 hrs + 30min video |
| Note: | Gym equipment needed. Swiss balls, mats, foam rollers and dumbbells. |

* Notes for all participants *

- **Session order:** This will depend on the number of participants and whether they are participating in A, B or C. Ultimately, alternating between workshops and seminars is optimal, else B could run in the morning, C in the afternoon, video watched in your own time.
- **Participant Requirements:** Must fill out a 'Holistic Health Questionnaire' prior start.
- **Purchase recommendation:** 'How to Eat Move and Be Healthy – Paul Chek' (book)

D/ Personal Sessions

- **Solo session at facility (60min):** **\$120**
 - **Solo session in Sydney:** See www.bradasmus.com for more details.
- Great for people needing more assistance than given in the group sessions.

COURSE STRUCTURE

#1 Seminar: 60-75min

Subject: Primal 6

Brad's six steps to optimal health form the basis of his clients' success. The biggest changes come from improving the basics first.



#2 Seminar: 60min

Subject: Nutrition and Lifestyle Questionnaire Discussion 1

This session involves a discussion based around clients' responses to sections 8 and 9 of the questionnaire you will have completed. This session will focus on the sections 'Stress', 'You Are What You Eat', 'You Are When You Eat'.



#3 Seminar: 60min

Subject: Nutrition and Lifestyle Questionnaire Discussion 2

This session will expand on the topics discussed in seminar 2. Here we cover 'Sleep/Wake Cycles', 'Digestion', 'Fungus and Parasites'.



#4 Movement Workshop: 60min

Subject: Corrective Stretching and Posture

Creation of personalised stretching program for each participant to correct muscle imbalances and improve posture. Participants will be taught foam roller and stretch techniques to improve posture, reduce / eliminate pain and improve ease of daily movement and performance.



#5 Movement Workshop: 60min

Subject: Corrective Core Training

Creation of a personalised core training program targeting the 8 main muscle groups that comprise 'the core'. Exercises chosen are based on participants' stretching results and strengths and weaknesses. Participants will be instructed to choose one of 2 programs provided to complement their stretch results.



#6 Movement Workshop: 60min

Subject: Corrective Primal Movement Patterns

Based on the results of the participants' stretching and core sessions, the participants will be taught specific corrective strength exercises.



7 Seminar: 30min approx. online video

Subject: Putting it all together

Summary of how participants are to implement the movement, nutrition and lifestyle changes in their life once they leave this course. Construction of their 'perfect week'. 3 month goal setting.



TESTIMONIALS

“Brad’s course is one of the best investments I have made. I have been researching nutrition, experimenting with my own diet and weight training for 4 years. This course has pieced together the jigsaw of information I have been contending with and has answered many questions for me about my own metabolic type and physical patterns. I now feel confident to eat and move in a way that is best for my body. This course is a must for anyone who is unsure or confused about what they should be for fuelling their body with and how to achieve balance and ultimately great health.”

Rachelle Gericitano, Perth WA. – Golden Door Course Participant 2011

“Your advice was invaluable. The posture correction and the introduction of the roller and the stretches you prescribed have given me a new lease of life! The best money I have spent in many a day.”

Patricia Burgess, Melbourne, VIC - Golden Door Course Participant 2011

“I'm now eating for my metabolic type and I've been losing weight more easily . I've lost 14 kgs all together now since starting at Golden Door, but I feel it's been easier at home than it was there because of the food I know makes my body feel good and work. Figuring that out at your course was well worth going... All in all I feel like I'm mover closer to being the person I want to be.”

Naomi Geracitano, Melbourne VIC - Golden Door Course Participant 2011