A new, expanded SugiTouch™ training begins February 2011.

We are passionate about offering you a unique program that integrates practice, theory, self-development and practical applications.
The SugiTouch program teaches students the ***Sugi Way™*** - an approach to life that promotes replacing pain and effort with ease and skill.

SugiTouch training offers increased knowledge and skills to benefit you personally and professionally. Gaining deeper knowledge will improve your health and well being, and give you the ability to help others. You will learn practical skills for responsible, respectful living, creating healthy thought patterns, and applying peaceful solutions to difficult situations.

This 320 hour certificate as a Movement Specialist ™ will teach you the skills for a professional practice including individual sessions in **SugiTouch™** and class instruction in **Sugi Movement Lessons ™ (SML™)**.

Head Instructor: Ofer Erez

Guest Instructor: Amy Erez

"I got a great deal out of this training, both personally and professionally. I feel well prepared for a new career and my own body is so much more mobile."

Karen Rezai

SugiTouch skills include hands-on techniques that work with the neuro-muscular communications systems in the body. Techniques of SugiTouch include: Observation, Tracing, Holding, Pressures, Compressions, Moving, Client actions, and Client Education.

Sugi Movement Lessons (SML) are a series of simple lessons that address core concepts of movement designed to teach the individual the necessary skills for efficient and healthy movement. SMLs can be used in private consults or taught as a series of classes.

Twelve-Month Training includes:

Saturdays - Thirteen

Tuesday evenings - Twenty-seven

Group Practice - One a month

Private sessions with Ofer - Two

Homework - 1 hour a week

Volunteering - 14 hours

Case Studies - 50 hours

Practicum – 2 weekends

Tuition $4,888 includes:
a non-refundable registration fee,
insurance, and two sessions with Ofer.

Graduates of previous SugiTouch trainings may attend Saturdays and add Sugi Movement Lessons to their professional repertoire. Ask us about applicable fees.

"Sometimes this training felt like a completely different world to me. The opportunity to be able to recreate how I fit into this world in a safe and nurturing place was/is priceless."

Veronica Sepe

Ofer Erez created SugiTouch™ in 2003. His inspiration came from many years of experience in a variety of healing modalities, yoga, zen and martial arts. The works of Moshe Feldenkrais, Wilhelm Reich, William Glasser and other great thinkers strongly influenced his understanding of health and movement.

Additional practices created by Ofer Erez are Sugi Yoga® and Sugi Fitness™.

Ofer Erez demonstrating SugiTouch

Sugi Health and Fitness
2096 Hoover Ave.
Pleasant Hill, CA 94523

FREE! Discover SugiTouch

Learn about the training program, experience SugiTouch and meet founder, Ofer Erez.

Discover SugiTouch dates are:
Saturday, October 9, 2010
Sunday, December 12, 2010
Saturday, January 8, 2011
2:00 – 4:00 p.m.

Tuesday, February 8, 2011
7:00 – 9:00 p.m.

SugiTouch™ Training
2011- 12
Pleasant Hill, CA

Become a Certified Movement Specialist

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