

21-22 MARCH 20

AUCKLAND, NZ



JOIN THE  
MOOV<sup>®</sup>MENT



A revolutionary device, the OOV is ergonomically designed to complement the 3 curves of the spine and mimic natural movement. Developed by Australian Osteopath and Neuroscientist Daniel Vladeta who saw a need for a self-correcting device that would embed motor learning. The OOV is an unstable, proprioceptive, bio-feedback tool, that re-patterns and enhances efficient movement.



The OOV Fundamentals Course explores how using a device like the OOV can facilitate Functional Movement and create stability through improving mobility. The 2-day Course focuses on exercises and training methods that continue to evolve with the latest research and our understanding of the body.

Incorporating traditional Pilates exercises applied to the OOV and Balance Training, the course teaches you to Assess Correctly, identify where Instability and Restriction exist in the Body, and how to develop Strategies to Promote Improved Motor Control, Strength, Endurance, Proper Alignment and Increase Dynamic Stability through the 3D Activation of Myofascial Slings.

The OOV is an experience. The Course will change your daily practice and your view of Functional Alignment.

**TIME** 9am - 6pm  
Saturday and Sunday

## LOCATION

**St Heliers Centre**  
Centennial Meeting (Upper Hall)  
100 Saint Heliers Bay Road  
St Heliers  
Auckland 1071  
New Zealand

## COURSE FEES

NZD\$650.00 incl GST - Course  
NZD\$875.00 incl GST - Course and Oov

Please register for the Course here:

**REGISTER** 