

COMFORT AT YOUR COMPUTER:

Body Awareness Training for Pain-Free Computer Use

LEARN

- Relaxation, proper body mechanics
- Safe, comfortable ways of using a computer

REDUCE

- Mental strain
- Physical tension
- Injuries and absenteeism
- Medical bills

INCREASE

- Concentration and alertness
- Productivity

Most people do not have enough knowledge about the anatomical structure and functioning of the body to be able to figure out strain-free ways of working for hours at a keyboard. The result is fatigue, stress, pain, repetitive movement injuries, loss of productivity, and high medical bills.

However, through training in body awareness, relaxation and body mechanics, it is surprisingly

easy to achieve efficient, comfortable ways of using the body and safe, effective ways of setting up the workstation.

This unique training delivers immediate results. You will learn how to use your skeletal structure to sit with optimal postural support. Based on this, you will learn how to find the most comfortable placement of the chair, desk, monitor, keyboard, and mouse. You will learn how to use laptop computers with the greatest safety and comfort. The result is the reduction of stress, injuries, and medical bills — and the increase of productivity and job satisfaction.

Some comments from clients:

“I feel like I am more in touch with my body now.”

“I have exercises to use to reduce tension and knowledge of how to move in a better way and position myself more comfortably.”

“I learned how to make any chair work for me. I don't need an expensive one. Thanks a lot!”

FOR MORE INFORMATION

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www.being-in-movement.com

PAUL LINDEN, Ph.D.

is a specialist in body awareness education, the developer of Being In Movement® mind-body training, and co-founder of the Columbus Center for Movement



Studies. He holds a Ph.D. in Physical Education, a sixth degree black belt in Aikido and a first degree black belt in Karate, and he is an instructor of the Feldenkrais Method® of somatic education. He has extensive experience teaching people such as musicians, athletes, computer users, pregnant women, adult survivors of child abuse, and children with attention disorders. He is the author of a number of books, among which are:

- *Comfort at Your Computer: Body Awareness Training for Pain-Free Computer Use*
- *Winning is Healing: Body Awareness and Empowerment for Abuse Survivors*
- *Embodied Peacemaking: Body Awareness, Self-Regulation and Conflict Resolution*
- *Teaching Children Embodied Peacemaking*

SCHEDULING PRIVATE SESSIONS

Private sessions are scheduled by appointment.

Payment is by cash or check at the time of the lesson, on a sliding scale from \$65 to \$85 per 50 minute session.

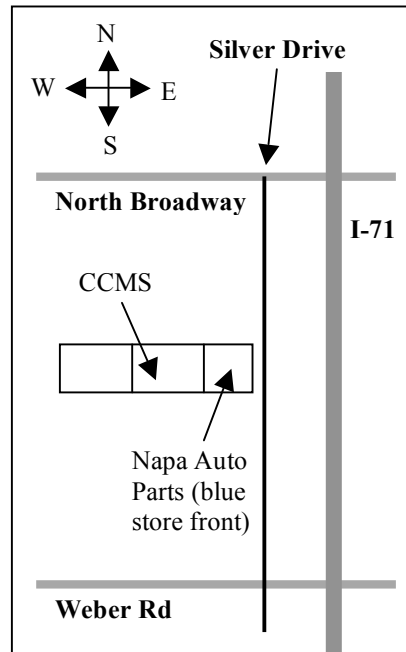
PRESENTATIONS FOR GROUPS

Workshops, talks, or classes can be custom designed for groups.

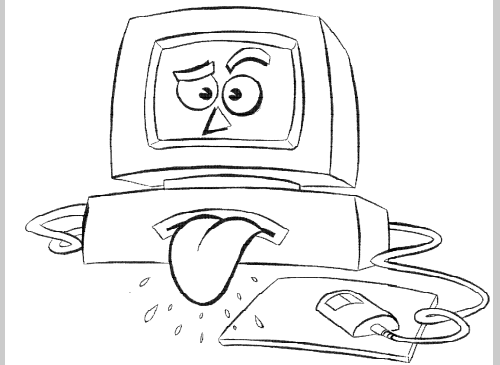
LOCATION

Columbus Center for
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(614) 262-3355 or 263-1111.
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In Clintonville, by I-71 and North Broadway. On Silver Drive, which runs along the west side of I-71. In the same building as NAPA Auto Parts.



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