

## What are the benefits of taking a seminar/course with Leda?

- Learn Eastern methods of stress reduction and enhanced energy flow
- Improve concentration, awareness, and balance
- Improve athletic performance and stamina
- Understand injury rehabilitation
- Offer your students high level instruction with attention to detail



### RATES

For groups of up to 15 participants

#### One Master Class

75 minute sessions      \$100

*For groups over 15 please add \$5 per each additional participant.*

If you are interested in longer courses, please contact Leda directly.

- The above rates apply to organizations, clubs, and schools located within 10 miles of Boston.
- Travel Fee: If you are located beyond the 10 mile radius, please factor in approximately \$30 per hour of travel.

## Course Selections

### Flexibility and Conditioning:

The Training Methods of Wushu, Chinese Acrobatics, Yoga, Pilates, and Dance

After three decades of research in training methods of Chinese acrobatics, dance, yoga, pilates and wushu, Leda brings together in this course the fundamental training methods behind all of these ancient health disciplines. This course will provide athletes, dancers, martial artists, gymnasts or just every day regular people with exercises to restore health, and provide the body with more flexibility and strength.

### Fundamental of Wushu Training



All movements in wushu are based on martial techniques, but wushu training accentuates grace, speed, strength and flexibility. It is very important to have a strong foundation of basics before embarking upon any of the advanced forms and techniques. This course teaches: stances, footwork, kicks, hand techniques, balance, coordination, flexibility and conditioning exercises. Shaolin Long Boxing training routines and drills will also be covered as part of coordination

## Tai Chi



- Improve balance
- Increase circulation
- Lower blood pressure
- Lower heart rate
- Increase mind body connection

Tai Chi has been receiving more world wide attention for the benefits listed above. The gentle movements of Tai Chi are especially beneficial for those people with joint problems and is great for people of all ages. Since it is an internal exercise form, simple meditation and exercises which deepened the awareness of your natural rhythm, breathing and energy flow within the body will be introduced.

**Ask about other seminars  
And one day customized workshops**



## Leda Elliott



Being half Japanese and American, and raised in Japan, Leda has a natural ability to understand the East and the West and has extensive knowledge and experience in both Eastern and Western methods of exercise and movement.

Those who have taken classes with Leda agree that her gentle, calm and detailed method of teaching has benefited their lives.

Leda has competed nationally and internationally in Wushu and has won several medals, including the title of Best Female Performer in Tai Chi at the World Wushu Festival held in Shanghai in 2000.

Her hope is to help spread the benefits of Eastern exercise methods combined with her understanding of Western lifestyle and health, and to share her love and joy of creative expression.

## Listen to what others have to say...

*"Leda is like a physical archeologist, she first digs into your body to find the problem areas then restores it to its most natural and optimally functional state"*

Jeff Gates, Boston

*Bennett Dance Company trains with Leda to increase our strength as movers, athletes and artists. Her strength training not only focuses on increasing connections through the torso, but improves strengths in areas commonly overlooked in dancers-like arms.*

Christine Bennett—Artistic Director  
Bennett Dance Company

*"Leda Elliott possesses a commanding stage presence..."*

Theodore Bale, Boston Globe



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## Master Classes Seminars, and Courses with Leda

**Winner of Best Demonstration  
World Wushu Festival 2000  
Shanghai**



**Offering unique  
health experiences**

[www.wushu-leda.com](http://www.wushu-leda.com)