

Z-HEALTH[®] WITH DR. PAUL CISKE



Dr. Ciske received his Ph.D. from the University of Michigan in physiology where he studied the effects of chronic stimulation on muscle regeneration. He is certified by the American College of Sports Medicine as both an Exercise Specialist and Program Director. He has achieved advanced level certifications in Muscle Activation Techniques (MAT), Resistance Training Specialist (RTS), Z-Health Neurologic and Brain based training, and Proprioceptive Deep Tendon Reflex (PDTR). In addition, he is an accredited Conscious Embodiment/Leadership Embodiment facilitator and an accredited T'ai Chi Chih instructor. Dr. Ciske is the inventor of the patented CISKE Comfort Cushion, an adjustable and versatile cushion used to support the head, neck, and back.

Paul offers 'Neurologic bodywork' based on 3 systems:

1. Muscle Activation Techniques (MAT)
2. Z-Health Brain and Neurologic based training
3. Proprioceptive Deep Tendon Reflex (PDTR)

All three systems effectively work in changing performance and pain in the body by interfacing with the brain and nervous system (e.g., the body's computer and communication system). Because of the speed of the nervous system, changes can be experienced immediately. So whether you are experiencing pain or want to improve performance, working with the nervous system can make changes quickly.

In very simplified terms there are 3 aspects to the nervous system: Input, Interpretation and Decision-making, and Output. By finding the dysfunctional information that is being fed to the brain and changing it, the brain now has new information upon which to make decisions, and in turn can immediately change output in the forms of pain, flexibility, strength, and coordination. All 3 of these systems can be used to accomplish these changes.

RATES:

Club Members

- Introductory Session, 90 minutes: \$165
- Subsequent Single Session, 75 minutes: \$120

Hotel/Spa Guests

- Introductory Session, 90 minutes: \$210
- Subsequent Single Session, 75 minutes: \$175

RESERVATIONS & BILLING POLICY

Advanced reservations are required.

Please honor 24-hour cancellation policy to avoid full charges to member account or credit card.

*An investment
in your wellness*



THE CLUB
AT THE CLAREMONT

For more information, call 510.549.8517
or CLA.Club@Fairmont.com
fairmont.com/claremont-berkeley



THE CLUB
AT THE CLAREMONT

SPECIALIZED
SOMATIC TRAINING
at the Club



RESTORATIVE BODY WORK

We are privileged at the Club to have several Somatic practitioners on staff who offer Restorative Body Work. These practitioners have decades of expertise in mobilizing soft tissue. These hands-on modalities are used to ameliorate the pain and dysfunction which arise from injuries and chronic musculoskeletal patterning.

The craftsmanship of Restorative Bodywork comes from several lineages and your session may include techniques from one or more of the following:

Structural Integration, Roling, Hendrickson Method, Neuromuscular Therapy, Feldenkrais, Trigger Point, Thai massage and Active Isolated Stretching.

By integrating these advanced techniques into your current fitness training program or athletic endeavors, Restorative Body work can result in enhanced performance, and a sense of ease and efficiency in your daily active lifestyle.

RATES:

Club Members

• Single 50-minute Consultation: \$120

Hotel/Spa Guests

• Single 50-minute Consultation: \$175

Appointments based on trainers' availability.

Scheduling sessions:

Advanced reservations are required.

Please fill out an inquiry form at the Club Reception Desk or email: CLA.Club@Fairmont.com



OUR SPECIALTY SOMATICS TRAINERS:

CAROLINE MARRINGA



Caroline is an innovative total Wellness Professional with 30 years of experience. She blends Fit Life coaching with instruction in Cardiovascular Health, total body Strength and Agility training, Core Conditioning, Massage /Flexibility Therapy and Nutritional Consulting to support her clients in achieving their Personal Best year after year! Caroline has designed and managed fitness centers throughout California, owned and operated several massage/bodywork studios, was an On-Air Fitness Celebrity, Trainer to the Stars, developed Corporate Wellness Programs and trained every body imaginable, from pregnant women to Olympic athletes.

JANET WELSH



With a keen eye for postural imbalance and movement efficiency Janet's focus is on agility. Athleticism and finding ways to a fuller range of motion and less pain are key.

Creating ways to be and stay active are of foremost importance. Janet is a dancer, choreographer, and creator of Core Flow Fitness™, a fitness system blending elements of Dance, Pilates, Yoga and Bodywork. She received her MFA in Dance from Mills College in 2000 and her BFA in Dance from Cal Arts in 1982.

SALLY HICKS



Sally has been a Somatic practitioner at the Claremont since 2000. After a trip to India in 1995 she was inspired to study Yoga and completed the Advanced Yoga Studies Program with Rodney Yee in 1996 that changed her life. She has been teaching Pilates since 1997 and studied orthopedic massage in 1999. Sally integrates Pilates, Yoga, cardiovascular and strength training, flexibility and massage in her sessions for all fitness levels.

SPORTS PERFORMANCE COACHING WITH DANIEL KAMENETZKY, M.S. KINESIOLOGY

A program designed specifically to enhance your overall health and sports performance. This service consists of either a single or a series of consultations.

Program includes:

- **Initial consultation to review training history, injuries, training goals and challenges**
- **Create an innovative strategy to improve your performance and help you achieve your goals**
- **Body composition**
- **In-depth bio mechanical analysis including filming**
- **Nutritional strategy**
- **Conditional capacity (strength, speed, endurance)**

Daniel Kamenetzky brings nearly 30 years of experience as a sports methodologist with expertise in sport's biomechanics, testing, training design and sports related injuries rehabilitation. In addition to his studies in biology, physical education and kinesiology, he has an extensive history coaching athletes from different sports as baseball, basketball, football, soccer, rugby, track & field, tennis and swimming among others. Daniel also works closely with coaches of different sports as a consultant providing methodological expertise, testing and performance data analysis to support the training's strategic design. He is also a very enthusiastic educator and participates regularly as a speaker in sports related meetings.

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Club Members

• Single 50-minute Consultation: \$120

Hotel/Spa Guests

• Single 50-minute Consultation: \$175

Scheduling sessions:

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