



**TRIGGERPOINT**  
PERFORMANCE THERAPY

## INJURY PREVENTION AND MAINTENANCE TALK

Join TriggerPoint and The Durban Runner for a practical talk on injury prevention and maintenance by Biokineticist Stephan Terblanche.

The talk will include the physical application of self-myofascial release techniques using the provided TriggerPoint Performance Therapy tools. Feel free to bring your own or purchase at the event.

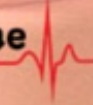
# LEARN MORE. MOVE BETTER.

TriggerPoint Performance Therapy tools available for purchase on the night at discounted prices

Wed 9 Sept 2015  
18:00 for 18:30-19:30  
The Durban Runner  
R50 Course fee

**MAX 15 ATHLETES**

RSVP by Mon 7 Sept  
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**Stephan Terblanche**  
Biokineticist 



THE  
**DURBAN RUNNER**  
SPECIALIST RUNNING SHOES AND GEAR 