

McLeod Technique Modern



Reinforced Motor Function®

A simple to understand Alignment, Strength and Flexibility System®

November 2016 Newsletter

Join us as we launch the revamped and renewed McLeod Technique Network! Check out mcleodtechnique.com/mtn to set up your personalized log in and set up your monthly MTN subscription for access to videos, newsletters, and a forum!

MTN Video Library: The MTN Video Library has personalized access to MTN members where you can watch videos to refresh your memory, learn new McLeod Technique Sequences, and add to your McLeod Technique Motivational Repertory! You can even learn specific sets for different sections of your McLeod Technique class!

MTN Newsletters: Monthly newsletters will include quotes for use, a hands on application tip and a story from McLeod Technique personalities around the globe. If you are interested in being a featured in one of the monthly newsletters, please reach out to Kierstyn Zaykoski at kierstyn@nyide.com.

MT Forum: The forum is a place where all McLeod Technique Network Members will be able to communicate on a wide range of things. Get to know members from around the globe, hear each others tips and tricks, and ask your McLeod Technique questions!

Keep connected with
McLeod
Technique Network!

Just \$39/month gets you:

- 2 teaching videos/month or 2 video feedback reviews
- MT Quotes and phrases
- Direct support from Certified Personalities

"The equation for success is talent, desire, and sacrifice, and the latter two must be greater than the first." - Sean McLeod

Get to Know!



Name: Lorienne Beals

Location: Vicenza, Italy

Certification: Gold Standard Certified

I fell in love with dancing watching my sister, and started taking lessons myself at age three. After years of dancing and competitive gymnastics, at 11 years old my body was suffering and the orthopedist was already hypothesizing knee surgeries in the not too distant future. My first dance teacher, Doreen Leary, had heard about this guy, Sean McLeod, who'd just come back to the area from NYC and had opened a dance school. She guided me in his direction believing she had given me all she could and wishing for me to continue on my dance journey. Studying McLeod Technique transformed me on many levels. The first noticeable improvement was the absence of pain in my knees

after a couple of short months. Over time, the shy, silent girl that had walked into the studio one rainy September became a confident, multi-lingual woman who's called four different countries "home." The more I share my personal journey and help others find their voice and their joy for life through dance, the more I reinforce these life lessons for myself. I teach McLeod Technique because I lived firsthand its transformative power, and sharing the process with others is what makes my heart happiest.