



# NUTRITION

**May 10th 5:15PM-6:45PM**

Nutrition: An antidote to the media and personality driven nutrition information clogging up the internet.

Join Britta Retzlaff Brennan, registered dietitian student and Tricia Petzold, MD as we explore health through nutrition.

We're getting behind the bustle to get inspired by the intelligence of our bodies, the beauty of biochemistry, and discover how nourishment comes from more than just our food.

We'll explore topics such as adaptive stress, eating as connection, metabolic flexibility, cooking as creativity, cooperation (with your microbes), the symphony of juices (all the different digestive juices that is) and more.

The goals of this class are to bring context and insight that is missing from all the nutrition info out there. And through this process, we'll build a deep and intuitive understanding (and motivation) of how to build robust health and resilience.

**Bring your appetite and your questions!**  
**Register at 801-583-5692**

# MIND BODY BRIDGING

June 14th 5:15PM-6:45PM

Why does healing happen for some? What is missing when we are unable to heal?

Join Tricia Petzold, MD and Leslie Hales, Functional Medicine Health Coach, as we share tools that will allow you to tap into your innate natural healing system.

We all have a Source that allows us to heal. It has been shut off in some, but it has never left us. Knowing how to access it can be the difference between being trapped by our illness and healing. Demystifying the mind-body connection is essential in healing.

We are taught to care for our physical self but rarely told what to do with our thoughts. When our thoughts are stuck in a storyline, we can be stuck in disease or dis-ease.

Each of us has a natural healing system that can return us to physical, mental, and spiritual balance. Modern life has separated us from our sense. With a little guidance, it is possible to reconnect with your natural healing system.

Experience your life's potential by coming to your senses, literally. Observe what happens to your body tension, fear, and mind clutter when you regain this awareness. Join us to become more vital and more authentically you, the you that can heal.

This solution to thriving is not abstract. We will share concrete tools of bridging awareness naturally and effortlessly through daily joys, problems, and challenges.

**Contact 801-583-5692 to register today!**



Join the entire Pinnacle Performance  
and Pinnacle Health teams  
for a **3-Hour Workshop**

April 25th 8-11AM

Cost \$50

Call to register today at 801-583-5692

**Also available virtually by Zoom!!**

# **Osteoporosis Myths and Facts...**

The diagnosis of Osteoporosis and Osteopenia is on the rise, and rampant, particularly in women at a younger age than ever. Why is this happening? What can you do about it? How do you build bone and remain safe while doing it? How does it make you feel? What information do you believe? How do you safely exercise? And how do you continue to thrive as you age with this diagnosis?

The entire Pinnacle Performance team will be available to provide the latest research and information on bone health, exercise safety, familial history, and integrative medicine options to assist in building bone, slowing the process, and supporting your immune system while continuing to enjoy your life!

We will also be providing a 90 min lab experience educating you with modifications that you can make that will keep your bones safe while exercising. Please wear clothing that you can move in!

# Leslie Hales - Health Coaching



**\$50**

**Health  
Coaching  
Sessions  
for a  
limited  
time!**

As a **Certified Functional Medicine Health Coach**, I am here to assist you on your path forward. Functional Medicine focuses on the whole person and understands that lifestyle has a huge effect on our health in every aspect. Functional Medicine takes into account nutrition, movement, sleep and stress. Working with a health coach is about moving your life forward in the positive direction you want. Part of that process includes finding the things that you may need to add to your life and/or the things that you may need to remove from your life. A health coach is there to assist you in that process, and that journey looks different for everyone. This is a process of self discovery, finding your deeper reasons for wanting to accomplish your goals, and putting processes in place to make your goals achievable.

I recently finished the Functional Medicine Coaching Academy program and need hours and experience coaching as I prepare to sit for the National Board exams for Health and Wellness Coaching. I would love to work with you on your health goals. While I am getting the hours necessary to sit for the national boards we are offering a discounted rate of \$50/hr.

**These visits can be done in person or virtual. Call the front desk to schedule at 801-583-5692, or reach out to me if you have any questions at [leslie@pinnacle4performance.com](mailto:leslie@pinnacle4performance.com)**

# Introduction to the Oov 4-Week Series for \$90

with Julie Jorling  
Movement Practitioner



**Saturdays at 11AM starting May 4th**

**Tuesdays at 4PM starting May 6th**

Call or text 801-583-5692 to register today!

# Have you tried the Oov?

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A 3-Dimensional device that places your body and mind in an instantaneous flow state, pushing you to center and balance with every task requested!

The Oov is an incredible tool for rehabilitation, fitness, fluidity, power and performance. We all love it and think you will too!

The Oov also allows you to train independently at home safely and easily! However, you will need some guidance when beginning to use the Oov!

**Join our 4-Week Introduction to the Oov if you, or anyone you know, is curious?**

No prior knowledge necessary, and we will provide the Oov for you in class!

When you are finished with your Introduction Series, Pinnacle offers In-house and Zoom Oov Mat classes weekly!



With Ira PT

**Introduction to  
Yamuna Ball Rolling**  
Saturday May 18th, 1:00-3:00pm  
**ONLY \$35**

# The 2-Hour Introduction Workshop

Yamuna Body Rolling (YBR) is a form of Myofascial Release that allows you to work on your body anywhere, anytime at nominal cost with specially designed balls. Join us for some fun, easy to learn routines that will be game changers that you can add into your body sustainability program. In this two-hour workshop you will be introduced to how to release your pelvic muscles, legs, psoas and back in a safe, slow, effective, and lasting manner that you can do yourself or at home.

## What is Yamuna Ball Rolling? and Why?

Please join us for an afternoon of Self Myofascial Release utilizing the Yamuna Body Rolling Method (YBR). In this workshop you will learn valuable routines using specially designed balls to self-release the hips, pelvic girdle, thighs, low back, psoas and abdomen and more! With YBR you will learn how to add to your growing toolkit ways to increase range of motion within the fascial system and increase the Vagus nerve's effects on your body (get out of "flight or fight" and into a more restful place).

**YBR is a great addition to your training at Pinnacle, as it can help to increase circulation, improve posture and bone stacking, increase range of motion, improve sleep, decrease muscle cramps, improve functional movements done day to day, increase flexibility, stimulate bones and tendons and improves balance.**

**NOTE: in order to participate in this workshop you must be comfortable with getting up and down off the floor.**

Pinnacle offers weekly YBR classes for body sustainability, and occasional two-hour introductory workshops. Beginners to advanced students are always welcome in all classes and workshops we offer.

**Please contact us at (801) 583-5692 to sign up or to learn more.**



# Garuda Chair Workshop

June 1st , 10:30AM-12:30PM, \$35



Garuda is a blend of movement techniques which incorporates the principles of Pilates, the flow and dynamism of dance, some breathing and postures of yoga, and philosophies of Tai Chi. It can take you to a deeper inner connection through the stimulation of all the fascia trails in your body. Movements are built from smaller to bigger ones, from the extremities to the center, allowing the client to experience warmth and rhythm through the sequence of it. Breathing and its great physiological response to the systems is an amazing plus for it improves organs' motility and their consequently better functionality, helping the breaking through of any energetic blockages that bring uneasiness and dysfunction to the body in any level. Body, Mind and Spirit integration are greatly benefitted and should be experienced by anyone who is willing to live in a higher physical endurance, emotional balance, and spiritual connection to a higher consciousness.

Garuda chair is a great approach as it gives anyone the possibility to experience movement through slower building strength, balance and load as we move on into Garuda Standing work. It is also a way to help people limited by age and those facing injuries or movement restrictions to heal in a gentler way.

The Class sequence will be as it follows:

Rooting Through the Feet and Body Mapping, Breath, Centering and Footwork, Establishing Arm and Leg work, Warrior Series Intro and Self Massage (Lymph Flow).

## From a client's perspective:


What does Garuda offer? Improved strength and flexibility, core activation and alignment, a deeper mind-body connection, and effective rehabilitation. The method combines elements from yoga, Pilates, dance, and functional training. The method stretches the fascia, increases joint flexibility, and opens spaces between the joints. The psychological effects are as apparent as the physical results. Lightness, peacefulness, and increased energy are typical outcomes. If you look for a Garuda instructor in the United States, you will find one instructor in Salt Lake City with the rest scattered along the West and East Coasts. Garuda is an exercise program created by James D'Silva in his London Garuda Studios. Naira Dakik, one of our very own, trained with him in London and most recently in Denver. Go to [www.thegaruda.net](http://www.thegaruda.net) for more! "Where Pilates ends, Garuda begins. Holistic, organic, dynamic—Garuda is the hybrid that is revolutionizing our approach to fitness."

"I did many years of Pilates training, trying to keep my joints moving and hoping to mediate back pain. Pilates was helpful, but once I tried Garuda there was no going back. I feel an inch taller and walk straighter. I look forward to every class and the challenges Naira offers when she says, "Now adding on..." "

- Marie Cornwall

(Client with Amy and Pinnacle since 1996!)

Please contact 801-583-5692 to sign-up today!





**Tricia Petzold MD**

# **Why Integrative Medicine?**

**Because your health depends on being treated as a person, not only the disease that you may have. Your health is positive vitality and not merely the absence of disease.**

**The conventional biomedical model, practiced in much of western medicine, separates critical dimensions of the human experience and misses key components of how your body can heal. Healing occurs simultaneously through your physical, emotional, spiritual, cultural, artistic, and communal dimensions. At the intersection of these modalities is a powerful uniquely human and healing experience.**

**The current model of conventional medicine is to have a specialist for every part of your body. The unintended consequence of this specialization is that each doctor focuses on one body system and may not look at you in a holistic manner. Care can be disjointed when the body is not viewed as an interconnected whole. In this model, it is difficult to understand how imbalances in different systems may actually all be related to a common underlying cause. Treatment then becomes based on the presenting symptom and not the cause of the symptom.**