



The Keller Method: Therapeutic Release & Restore

A new, cutting-edge approach to body work is changing the way health professionals, athletes and fitness enthusiasts are dealing with chronically tight muscles, improving strength and muscular balance, and helping to heal and prevent injuries.

TKM™ - The Keller Method combines two unique approaches to both release and restore muscle length and strength and provide real, lifetime results. ***TKM™*** is helping those with chronic muscle tightness, injuries, postural issues, imbalances and pain, as well as those who simply want to enhance their overall fitness and health. The Method uses as its foundation the global anatomy of the myofascial sling system - our muscles and the connective tissue that holds them together.

TKM™ - Release is a one-of-a-kind integrative approach to achieving a full body-wide release. This well-proven therapeutic self-care system combines the use of small therapeutic balls and specific myofascial chain stretches, blending them with several complementary methods such as evolved Pilates and Restorative Yoga. The system works muscles in detail, to create suppleness in tight areas. It optimizes range of motion and provides a profound muscular and myofascial release unlike any other method available today.

TKM™ Restore is a profoundly effective system of exercises designed to strengthen and re-balance the functional myofascial chains of the body. The Method draws from Thomas Myers' - Myofascial Meridians and the Tensegrity (equal balance of tension and integrity) exercise series. The system uses one's own body weight and therapeutic small balls to support, guide and challenge the body. Function and mechanics are combined in the same system to provide a more holistic approach to overall body support.

Together, ***TKM™ Release & Restore*** systems globally liberate muscles and myofascia and help support the body on a functional level to enhance day-to-day activities and sports. Keller developed ***TKM™*** after three decades of teaching in six countries. She has taught over a thousand physiotherapists, massage therapists, kinesiologists, chiropractors, occupational therapists, body workers, personal trainers and coaches, as well as fitness, Yoga and Pilates instructors. The techniques are self-applied and can be taught to patients or clients for home use.



TKM™ Release & Restore:

- Enhances sport performance and helps prevent injury
- Helps treat structural dysfunction and re-educates muscles
- Establishes greater body awareness
- Challenges and re-balances the body's myofascial chains
- Builds strength and Increases flexibility
- Reduces stress and promotes deep relaxation
- Ball - Release techniques are more effective and specific than using foam roller methods



Kathleen operates her unique practice, ***TKM™ Therapeutic Release & Restore & Evolved Pilates***, out of LifeMark Physiotherapy Clinic at Westside Recreation Center in Calgary, Canada. Her qualifications include: Dual-certification in Pilates Apparatus and Mat together with an extensive apprenticeship in Pilates rehabilitation (Stott Toronto and Polestar Hong Kong), Anatomy Trains Myofascial Meridians (Thomas Myers), Therapeutic Ball, Feldenkrais Techniques, Franklin Method, Restorative Yoga and Rolfing Movement. Kathleen has recently returned to Canada after five years of training instructors and teaching health professionals in Asia and Europe. Her courses are designed to teach health-care professionals how to use these innovative techniques with their patients / clients, enhancing treatment and promoting self-healing and prevention. She also offers private instruction for the general public.

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