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## Longboat Key Education Center

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5370 Gulf of Mexico Drive
CALL (941) 383-8811
www.lbkeducationcenter.org

Attention Golfers!

The Longboat Key Education Center is offering a special workshop to improve your golf!

Introduction to Swingolf
with Les Bolland

Date: Saturday, March 13, 2010

Time: 10:00 AM- 12:30 PM

Location: The Longboat Key Education Center
5370 Gulf of Mexico Drive
(in the Centre Shops of Longboat Key)

Cost: Members: \$35 Non-Members: \$40

Les Bolland is a 30+ year member of the British Professional Golfers Association and veteran of the European Tournament Player's circuit. Les is a qualified yoga and shiatsu practitioner and author of *Swingolf: Golf the New Way; Part I and Part II* (Rowholt, 1990, 2004). Each summer and fall he spends time teaching Swingolf at the Kripalu Center for Yoga and Health in Lenox, Massachusetts. He also conducts Swingolf clinics in Germany, Austria, and England. Les's headquarters are now in Sarasota, Florida.

Introduction to Swingolf: a 2 ½ hour program-no golf course will be involved. There will be indoor swinging with balls, including putting and tournament player's swing. Les Bolland's Swingolf is simple, healthy, and natural. Swingolf lessons give you a unique, enjoyable, and relaxing way to learn golf or improve your game. You'll start having fun the first time you swing. Swingolf is especially good for beginners, ladies, and seniors. And - because it is based on your natural swing-Swingolf is safer if you have shoulder, back, knee problems, or arthritis and gives you less fatigue and more vitality. Find your swing now, through Les Bolland's Swingolf.

Call: 941-383-8811 for inquiries and registration.

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