

# Ki-Hara Resistance Stretching

90 min Sessions with Ki-Hara Certified Instructor

Now Available at **ProperForm**<sup>®</sup>

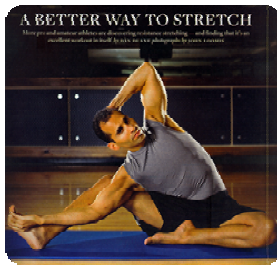
Single Session: \$150

Four Session Package: \$560 (\$140 each)

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## A Better Way to Stretch

**Men's Journal**



[Chicago Public Radio](#)

Stretching It Out  
by Jenn Brandel



[New York Times Mag](#)

Dara Torres featured in the  
New York Times Magazine  
with video clip from our DVD!

**The New York Times**

[Outside Magazine](#)

"When I first tried Resistance Stretching, I dove into  
the pool and felt like Gumby."  
- Dara Torres

**Outside**

**DAILY  
CANDY**



[Time Magazine](#)

Resistance Stretching  
featured in Time Magazine

**TIME**

[Best Life  
Magazine](#)

A day in the training life of a  
four-time Olympian hoping  
to make a splash in Beijing

**BESTLIFE**

[Vogue](#)

"Ten years of Ashtanga  
plus ten minutes of  
resistance stretching —  
Voilà! My heel was  
touching my butt"

**VOGUE**