



Bad Ragaz Ring Method® Course Instruction for Participants

Dear Participant

In a few weeks, you participate the course Bad Ragaz Ring Method®. I thank you for the confidence you have placed in us and the organizer. To learn the Bad Ragaz Ring Method®, requires a lot manual skill and a precise knowledge of the concept. Thus the time for the learning process can be optimally used, you should do a homework. Please study the Chapters 1, 2, 3, 5 and 8 of the following book:

PNF in Practice an Illustrated Guide

Authors:

- Susan S. Adler,
- Dominiek Beckers,
- Math Buck

ISBN: 978-3-540-73901-2 (Print) 978-3-540-73904-3 (Online)

You can find the book also by internet with the link:

<https://de.slideshare.net/adrianasconcelloscardoso/susan-s-adler-pnf-in-practice-3-ed>

By e-mail you will also receive by the course administrator and pdf file, which should work throug well. I look forward to meet you and work with you 4 intensive days.

Kind regards

Johan Lambeck, PT Senior Instructor IATF