



## **Italian Health Instructor Claudia Godi Brings Her New Work-Out Method to NYC**

R.C. (March 25, 2019)

Claudia studied and practiced multiple movement techniques on her own body, learning everything she could about muscles and the way they interact. This led her to focus on alignment and eventually develop a way to reach the best results using simple movements and a clear understanding of the body's dynamics. She called it the Godi Method®. Join Claudia Monday April 1st 2019 , 6pm - 10pm

Born in Florence, Claudia Godi was initially a competitive gymnast fascinated with movement. She then earned a degree in Physical Education and became a personal trainer, then later ran a post-rehabilitation center under the guidance of Luigi Salvino, a physical therapist specialized in postural alignment and back-pain relief.

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These workouts, which can be taken in a class or one-on-one, are a way of moving and exercising while simultaneously reducing muscle aches and pains, for an overall more effective and enjoyable experience.

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Join Claudia Godi, health and wellness instructor with over 16 years of experience and creator of the Godi Method®, to experience a new way of working out that provides the best results with the least effort using simple movements and proper alignment.

Claudia will be leading a workshop titled "Optimizing Your Exercise Routine" on Monday April 1st from 6pm to 10pm at the Swedish Institute College of Health and Science in New York City.

To register or for more info, click here <https://ce.swedishinstitute.edu/product/optimizing-your-exercise-routine/> [1]

See you there!

For further information on Claudia and the Godi Method® check out her website <http://www.claudiagodi.com/> [2]

Pre-registration is required and can be done online via the Continuing Education website, [www.swedishce.com](http://www.swedishce.com), as well as by phone, email or in person. Please contact the Continuing Education department at (212) 924-5900 x 146 or at [ce@swedishinstitute.edu](mailto:ce@swedishinstitute.edu).

Click [here >>](#) [3]



P.S.( In the process of registering on line you will be asked a few questions that may not apply to you. In that case just write N/A as an answer, so you can proceed with the registration. Thanks)

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**Links**

[1] <https://ce.swedishinstitute.edu/product/optimizing-your-exercise-routine/>

[2] <http://www.claudiagodi.com/>

[3] <http://here> <https://ce.swedishinstitute.edu/product/optimizing-your-exercise-routine/>