

Let Dr Darcy Dill (Chiropractor, Personal Trainer, Master Golf Fitness Instructor,) work with your body and swing.

Testimonials

I am playing the best golf I have in years. My wife had the longest drive in her 9 hole tournament. I highly recommend Darcy's program and encourage you to work through it with him. He cares, he's professional, and it works.

Bob Dant, Palm Desert, CA

Dr Dill...You have made a huge difference in my game.

Cynthia Hauck, La Quinta, CA

I'm happy to report that it only took me three sessions to achieve more than 20 yards.. I believe every golfer, regardless of age or ability, would benefit from Dr. Dill's classes and drills on the driving range!

Jim Billings, Denver, CO

Introductory Workshop (FREE)



A "Taste" of Body Friendly Golf® \$55

This is a **3-hour introductory seminar** of the Body Friendly Golf® Program.

It includes a **Group Golf Fitness Class** and complete instruction on the "jump start" warm-up.



Golf Range Exercises designed to give you an effortless swing for more distance.



Q and A session to help you understand the functioning of the body and how it applies to an effortless and efficient golf swing.

Play Better Golf...
Pain Free...
For the Rest of
YOUR LIFE !



Body Friendly Golf® is a unique combination of exercises, and body work to make you a better golfer.

It is **not** golf lessons, a quick fix, or difficult.

Come to a "FREE BFG introductory workshop" or a "Taste of Body Friendly Golf" class to see if it is right for you.

More info? drdill@bodyfriendlygolf.com

541-647-2222

BodyFriendlyGolf.com

The 3 Fundamental Elements of Body Friendly Golf®

1. Body Work

Corrects imbalances that inhibit swing movement.

Chiropractic Body Treatments

Enhance structure and function

\$95 first visit.
\$55 for each



Therapeutic Massage

Decrease tension, increase balance
\$95 per hour



2. Gym Exercises

Develop the muscle memory for a good swing

Personal Training Sessions

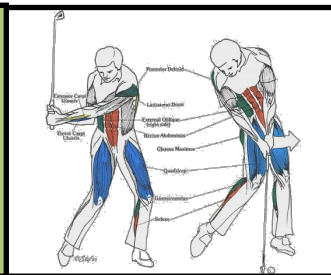
Doctor guided exercises and instruction

\$95 per hour



Personalized Golf Fitness Program

Customized exercises based on orthopedic tests and video swing analysis
\$249



3. Range Exercises

Develop bodyfriendly sequencing for more power using less effort. (David Lee/Gravity Golf)

Individual Golf Range Exercise Instruction

\$95 per hour
\$125 for couple



Group Golf Range Exercise Classes

\$45/person per hour
minimum 4 students



Combine all 3 Fundamental Elements

2-DAY Body Friendly Golf Workshop \$495 /\$750 couple

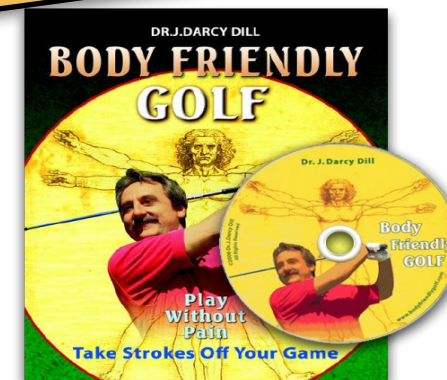
Individual Body Work Sessions, Group Golf Fitness Classes, Group Golf Range Exercise Classes

Advanced 2-Day Workshop \$875 /\$1500 couple

A Series of Individualized Bodywork Sessions, Group Golf Fitness Classes, Personalized Golf Fitness Program, Personal Training Session, Group Golf Range Exercise Classes

6-Week Individual Training Program \$975 /\$1500 for couple

6-Individual Body Work Sessions, Personalized Golf Fitness Program, 6 Golf Range Exercise Sessions



A signed copy of Dr. Dill's "Body Friendly Golf" book and DVD included in all Workshops and Programs.

