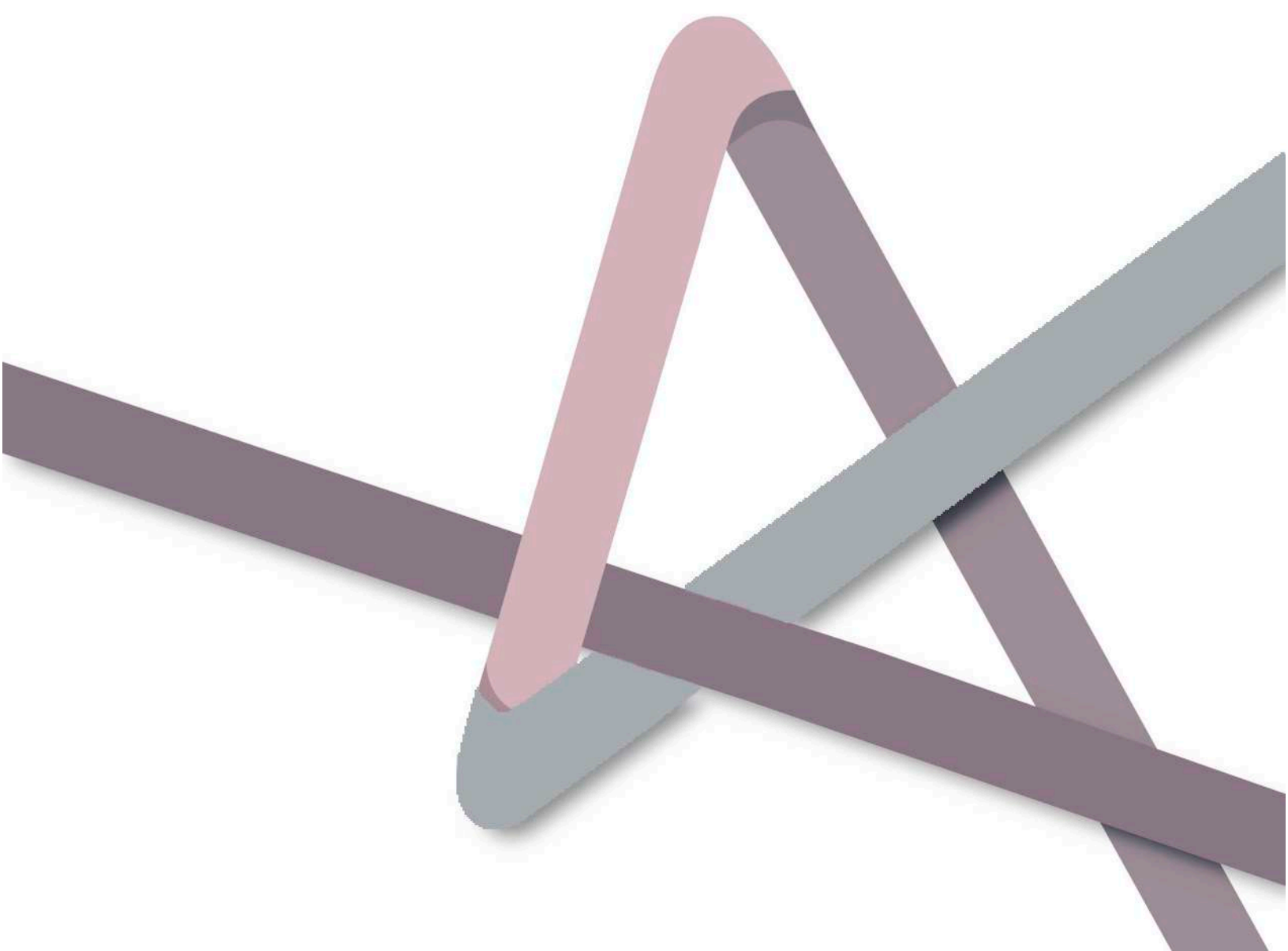




# Parasetter® Class Manual



PHYSICALMIND INSTITUTE®

© PhysicalMind Institute 2016

It was two years ago Clinical Advisor Marika Molnar, PT LAc showed me her idea for a 'new' roller. Many individuals have ideas for products, but only a very few can commit to the process of actually producing a product from start to finish. Joe Pilates did it multiple times and to this day we all continue to benefit from his labors. Beginning with the first prototype to all the subsequent adjustments and tweaks, the challenge of designing and testing a physical object that embodies the imagined form and function is a consuming, laborious and expensive process. There are the trademark and patent legalities, materials sourcing, manufacturing, packaging, warehousing, fulfillment, and of course finally the educational materials and marketing decisions as launch time approaches. Now we are ready to go!

Twenty-five years ago the BodyMind exercise category came alive with the *Working Out the Pilates Way* video and then the Matwork Certification. Today with the Parasetter® System we are continuing to build on this foundation. The Rib Wrap attachment gives a feeling of envelopment, which enables three-dimensional inhalation into the posterior/lateral rib cage. The Head Support anchors the torso lengthening the spine which floats in the center channel. Then there are the MINIS™ which add comfort as well as challenge.

We are thrilled to present the Parasetter® Class for everyone to enjoy and reap the many benefits! Marika's original vision has led to these evolved tools and new programming for your personal practice or studio. Our thanks to everyone who helped along the way, particularly Institute Teacher Yuu Fujita whose creativity, beauty and patience kept us going forward. Now let's get moving and expand our future opportunities with Parasetter®.

A handwritten signature in blue ink that reads "Joan Breibart". The signature is fluid and cursive, with a large, stylized 'J' and 'B'.

## How to Use the Materials

**Manual:** Print (or view on another device) the exercise pages for reference as you watch the 40 minute video. The exercise names organize the moves to help you remember the choreography, which you probably know already!

**Practice:** The 40-minute sequence will expand to 60-75 minutes when teaching, depending on the number of reps. Suggested are 4 to 6 per exercise and 10 each for the Hundred and Footwork.

**“Voice Over”:** None since generic cues are not helpful-- we have all heard them too many times. We suggest using any free app-- like iTalk-- and record YOUR own voice cues to help YOU to remember the choreography and sequence.

**Modifications/Variations:** Built into the design. Leg Circles with arms on the mat is easy; raised arms are challenging. Balance on the Minis is difficult; touch a barre or wall for support.

**Cueing:** The design of Parasetter® enables core control and better alignment. The Rib Wrap and Head Support promote length and stability and awareness and Active Exhalation. So no need to be wordy.

**Sequencing:** Follow the exercise order. Adjust reps or eliminate exercises depending on class length and skill level, but don't mix up sections.

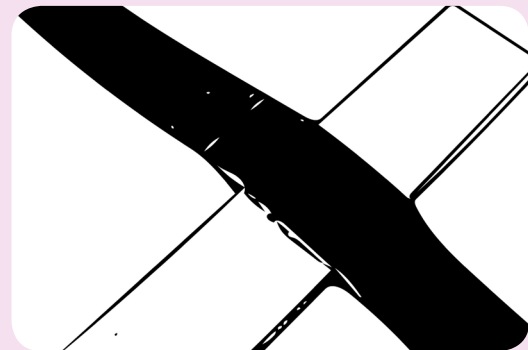
**Teaching:** Do not demo Supine Sequences. Walk around and give movement specifics such as : “knees bent, feet planted, lift one arm overhead, etc. Count the beats in the 4/6 Active Exhalation if possible. Demo-ing the exercises in the Kneel/Sit/Prone and Standing Sections is your decision.

**Breathing:** Use the 4/6 Active Exhalation pattern as often as possible. Try inserting three Breathing reps between a few exercises such as after Coordination in Supine 2. Experiment as you practice teaching. Start a class with Passive Breathing. Then move to the Active Phase with a longer exhalation. Hands on the Rib Wrap guide the motion, which supports the Parasympathetic Nervous System and re-balances the Autonomic NS.

# Supine 1

*Attach Head Support about four inches from one end. Place under neck for cervical support and under head for occipital. Rib Wrap positioned 12-18 inches further.*

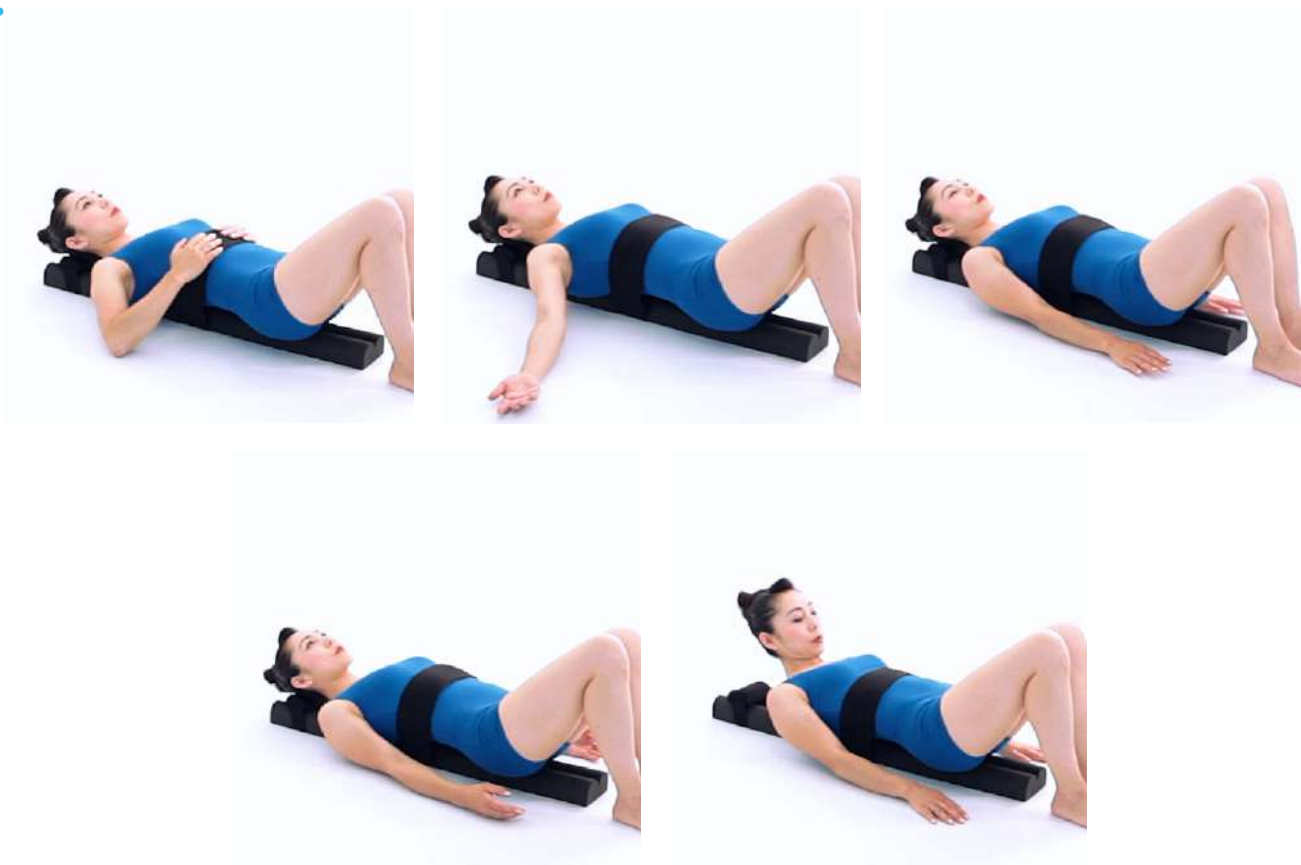
- Breathing
- Pelvic Moves
- Arms Up
- Knee Fold
- Leg Slides
- Table Top
- Footwork
- Bridges



# 1

## Breathing

- **Active Exhalation:** Inhale for 4 counts and exhale actively for 6, bringing your front ribs toward each other and downward toward your bellybutton (this helps to re-dome the diaphragm). Hands on the rib wrap to mimic the motion. Close eyes to go deeper.
- **Palm Rotation:** Inhale to rotate palms upward and exhale to rotate palms down. Fingers open and free. Sync breath with movements.
- **Arms Slide:** Extend arms away from the torso on inhalation. Palms up with the inhale and rotate palms down with the exhale.
- **Scapula Close:** Inhale with scapula in neutral and exhale to bring scapula towards spine. Keep breathing consciously and rhythmically. Avoid hiking shoulders.
- **Head Flex:** Allow the cervical spine to extend naturally with the inhale and then return to neutral on the exhale lengthening the head away from the shoulders. As the neck flexes, lift the head with the chin moving toward the anterior neck. This action strengthens the deep cervical flexors.



## 2

## Pelvic Moves

- **Small Curls:** Inhale and then exhale to move the pubic bone toward the belly button by engaging the pelvic floor and deep abdominals while lengthening the lumbo-pelvic region. Relax the upper spine so it responds naturally to the movements. Return on the inhale.
- **Pelvic Rock:** Inhale, raise arms, and allow the lumbar spine to naturally extend, exhale and posteriorly tilt the pelvis, lengthening the lumbar spine. Continue breathing and use the deep abdominals and pelvic floor muscles on the exhale to move the pelvis so that the hip flexors do not activate.
- **Hip Slide:** Hands on the thighs for direction and assistance. In neutral pelvis do small weight shifts as if pelvis is “walking” in place.



# 3

## Arms Up

- **Single Arm:** Lift one arm with inhalation to actively dissociate the shoulder girdle from the ribcage. Pause at the end and bring it down slowly with exhalation.
- **Dual Arms:** Float both arms up on an inhalation and exhale to move arms down to mat. Experience the shoulder girdle movement independent of the rib cage for greater rib excursion.





# 4

## Knee Fold

- **Single Knee:** Inhale, flex the hip joint, and move the knee towards the armpit into full hip flexion and exhale to extend. The movement should dissociate the leg from the pelvis as the femoral head rotates in the acetabulum of the pelvis. Use hands to assist.
- **Leg Extend:** Straighten knee, fold leg up in 45 degree and switch sides.





## 5

## Leg Slides

- **Single:** On the exhale, extend the hip and knee so that the leg is straight and then bend it back up. Make sure that the pelvis does not follow the leg so that the movement is clearly from the hip joint and the spine stays in neutral.
- **Same Side Arm:** Inhale to lengthen one arm overhead as same side leg slides down, flexing the ankle at the end of full extension. Exhale to bring arm and leg back to original neutral position.
- **Opposite Arm:** Inhale to lengthen one arm and opposite side leg straight down on the floor with flexed ankle. Exhale to bring the arm and leg back to neutral position. Pause at the end movement to experience the stretch. Extend opposite arm and leg fully during the inhale and return on the exhale.



## 6

## Table Top

- **Head Turn/Arm Slide:** Maintaining neutral pelvis table top position, inhale to turn the head to right side and slide left arm out to side lower than shoulder with palm facing up, exhale to bring head and arm/ palm face down back to center.
- **One Knee Drop:** Start from both leg in table top, Inhale to lower one foot down on the floor and exhale to bring the foot back up to table top. Arms stay by the hips.
- **Diamond Legs:** Lower the feet on the floor and inhale to open the knees in a “diamond” shape as the arms abduct to side simultaneously. Exhale to close the knees and arms to midline.
- **Frog:** Lift diamond shaped legs to table top, inhale to straighten the legs diagonally forward, exhale to bend knees back to diamond shape in the air.



## 7

## Foot Work

- **Toes:** Flex ankles in parallel lifting toes off the floor and release down and repeat the move. Heels pressing down the floor and keep ankle joint soft. Spine stays in neutral and natural breathing.
- **Heels:** Releve spreading toes and lift heels off the floor in parallel and bring it down, repeat.. Natural breathing to maintain neutral pelvis. Alternate heel/toe.
- **Prance:** Parallel feet lift up right foot toes and left foot heels then switch. Roll through the foot to push off. Neutral pelvis stays quiet and stable. Natural breathing into back ribs. Focus on the rhythmical movement of the feet.
- **March:** Alternate thigh lift with deep hip flexion, accent is down as each foot releases to the floor. Keep torso still with natural breathing.
- **Jump:** In parallel, feet flat on floor, push through feet with toes pointed to leave the floor. Light on the feet and find a nice rhythm. Shoulders and neck relaxed. Action is initiated by the abdominals, not hip flexors.



# 8

## Bridges

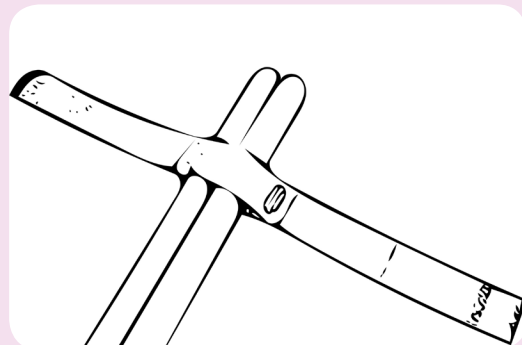
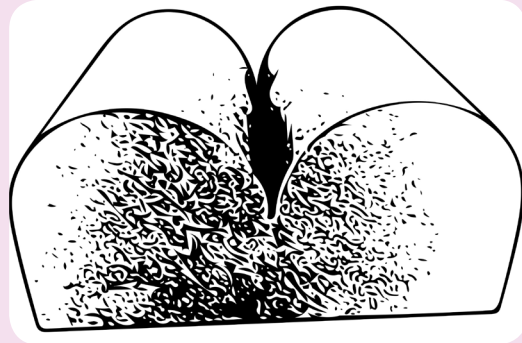
- **Rib Wrap:** Hands on the ends of Parasetter®, neutral pelvic lift (hip hinge) with inhale and lower the neutral pelvis down with exhale. Repeat the pelvic lift with sequential spinal movement by rolling the pubic bone towards the bellybutton using lumbo-sacral flexion.
- **Unwrap:** Remove Head Supprt. Hands on the opposite end of Parasetter®. Neutral pelvic lift with inhale, exhale to lower down. Hinge from the hip joint for hip extension and not lumbar extension. Straighten one leg from neutral pelvic lift and then bend the leg back to switch to other leg extension, return to starting position, then bring pelvis down.



# Kneel/Sit/Prone

*Knees should be comfortably placed in the Center Channel. Remove Head Support/ Rib Wrap or place at one end. MINIS™ are used flat side upwards.*

- Quadruped
- Hip Extension
- Lunges
- Side Bending
- Seated
- Prone





# 1

## Quadruped

- **Cat/Cow:** Inhale for 4 to extend spine. Exhale for 6 to go into spinal flexion. Neck relaxed and chest open and soft; pelvis stays right over the knees. Weight equally on hands, knees, and feet.
- **Dance:** With natural breathing, shift weight forward and back and side to side. Diagonal forward and back. Arms stay straight and spine is neutral.
- **Four Pointer:** Natural breathing. Curl right toes under and shift weight on the right knee and toes. Lift straight left leg back and reach right arm straight forward. Switch to the other side.
- **Lift Off:** Inhale 4 to prepare by curling both feet and exhale 6 to lift knees off Parasetter®. Go into flexion of spine with soft neck and head down. Full abdominal engagement.
- **Leg Lifts:** Natural breathing. Shift weight onto left, reaching right leg back. Extend the right hip back with straight knee and then while maintaining hip extension with the gluteals flex the knee joint by using the hamstrings. Straighten and flex the knee several times. Switch to other side.



## 2

## Hip Extension

- **Hinge:** From quadruped come up to kneeling through deep hip flexion and neutral spine. Arms move forward and up until hips are fully extended. Return to quadruped, reversing the movement.
- **Arm Circles:** Neutral spine, natural breathing, neck is relaxed and circle arms. Reverse the circle.
- **Walking:** Natural breathing. Hands on the waist, shift weight on right knee by lifting left knee. Repeat by shifting weight and lifting the right knee, shortening and lengthening the gluteus medius.





# 3

## Lunges

- **Forward Press:** Natural breathing. Shift weight on the right knee planted and lift left leg forward to lunge. Hands on the left knee to open the chest and keep shoulder back with neutral spine. Also prevent left hip hike. Repeat on other side.
- **Twist:** From lunge position, curl back toes under. Abduct arms out to side. Rotate spine towards front knee with inhale. Exhale to return to center and twist in other direction on the inhale.



# 4

## Side Bending

- **Mermaid:** Transition from lunge to seated position. Put hands down on the floor and sit on Parasetter®. Right leg on top of left. Inhale for side bending towards the right, right hand on the floor and left arm overhead. Elevate the ribs from the pelvis to get a good left latissimus dorsi stretch. Exhale to side bend other side, left hand on the floor and right arm overhead.
- **Twist:** Inhale to side bend away from legs, exhale to bring right arm under the left arm. Spine is rotating left and flexing. Then bring right arm up and open towards ceiling by rotating chest. Spine is rotating right and extending. Switch to other side.



# 5

## Seated

- **Long Legs:** Forward bend by sliding Minis™ reaching outside of feet. Flex feet. Inhale prepare, exhale to bend.
- **Spinal Flexion/Teaser:** Natural breathing. Adjust seating on the Parasetter®, arms to ribcage arms. With exhale coccyx curl, pelvic tilt to flexion of lumbar and upper spine and come back to neutral with inhale. Lean back and lift one leg and meet the other leg to low tabletop, arms out forward and extend legs diagonally up to balance.
- **Leg Pull Back:** Move Minis™ behind Parasetter®, flat side up. Place hands on the Minis™ by rotating upper arm outward with chest open and shoulder extension using lats, deltoids and triceps. Lift pelvis up and bring it down on Parasetter®. Point the feet and then lift one leg up and down. Then do with flexed feet.
- **Spine Stretch:** Diamond leg forward stretch – move Minis™ back to front and hands on Minis™ to forward bend.



# 6

## Prone

- **Plank:** Hands on Minis™, feet parallel move to plank position with weight distributed the length of the body without undue pressure in the hand and the feet.
- **Pike:** From Plank move to Pike using abdominals to support spine. Relax head.
- **Push Up:** In Plank, bend elbows into push up. Engage gluteals and abdominals to feel length.
- **Rest Pose:** Deep knee flexion spine release. Hands stay on Minis™, knees or ankles on Parasetter®. Neck is relaxed and head down.



# Supine 2

*Head Support can be removed for these exercises or placed at the cervical area. Rib Wrap should be securely fastened. Add Active Exhalation reps.*

- Breathing
- Arm Circles
- Coordination
- Legs Up
- Swaying
- Leg Circles
- Rest & Roll



# 1

## Breathing

- **Pelvic Clock:** Imprint (small weight shift) pelvis to 3, 6, 9 and 12 o'clock with natural breathing. Keep shoulders and neck relaxed and stable.
- **Hundred:** Prepare with Table Top and add head lift and hands off by the hip. Percussive breathing and adding extension of legs up in 60 degrees.





## 2

## Arm Circles

- **Knees Bent:** On the inhale, elevate the arms by flexing the shoulder girdle fully overhead and then bring it back down on exhale. Externally rotate the arms on the inhale, and internally rotate on the exhale. Keep breathing to the posterior ribs and staying in neutral spine and pelvis.
- **Legs Extend:** Circle arms by breathing to the posterior ribs and keeping neutral spine and pelvis. Ankles flex and neck is long.
- **Leg Up:** Inhale 4 to lift one leg up to about 90 degree as arms go over the head and exhale 6 to lower the leg all the way down as arms come down by the hip.





### 3

## Coordination

- **Original:** Start from Table Top and elbow bend on the floor, natural breathing to lift head as arms extend by the hip and leg straighten about 60 degrees. Quickly abduct and adduct the legs keeping neutral spine and pelvis. Then legs come back to Table Top, lowering the head and bending elbow back to start position.
- **Stabilizer:** From the midline, abduct one leg to about 40 degrees and then close quickly, switch to the other side. This exercise activates all pelvic girdle muscles to stabilize trunk.



# 4

## Legs Up

- **Footwork:** Legs up to 90 degree and point and flex feet in parallel and also turn out (1st position) by maintaining neutral spine and stabilizing the pelvis. Alternate flexing and pointing of feet.
- **V Legs:** Abduct legs to the V shape; use hands on inside of thighs to assist and resist. Movement is adducting legs together and then separating them while stabilizing the torso and focusing on the breath.
- **Scissor:** From turn out, adduct legs by crossing legs and switch the side. Stay in neutral spine and pelvis as you lower and raise the straight legs; then eventually lift the head and hands off the floor.



# 5

## Swaying

- **Knees Apart:** Widen feet (wider than hip) with natural breathing, move both knees to one side on the inhale and direct the breath to the opposite side ribs; relax the shoulder girdle, maintaining the open chest. Use abdominal to bring knees back to center on the exhale and then repeat to the other side.
- **Oppositional Head:** Add head turn to the opposite direction from knees swaying and move arm to the side. Place hand closest to knee on the upper thigh to assist more rotation and stability. Natural breathing to soften the front ribs and widen the back. Repeat other side.



# 6

## Leg Circles

- **One Knee Bent:** Lift one leg up to 90 degree and small circle with inhale 4 and reverse the circle with exhale 6. Repeat, relax neck and shoulder and keeping neutral pelvis . Switch to the other side.
- **Both Legs:** Hands down by the hip. Lift both legs to 90 degrees and circle each leg. Inhale 4 and reverse the circle with exhale 6. Repeat.
- **Corkscrew:** Natural breathing, legs up 90 degree straight and circle the legs by using pelvic clock imprinting. Repeat in both directions. Relax shoulder and neck, freeing the pelvis by stabilizing upper body on the Parasetter®.



## 7

## Rest &amp; Roll

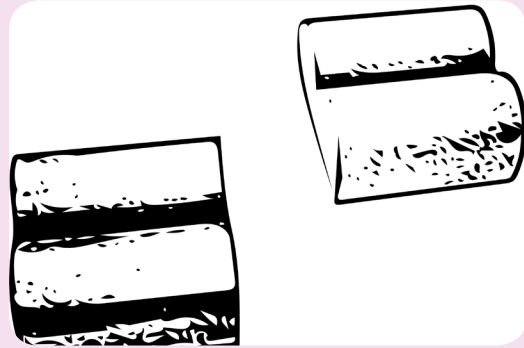
- **Rest Pose:** Natural breathing to posterior ribs. Open arms and legs out like a big letter X. Wrists and feet are relaxed. Keep chest open and maintain neutral spine and pelvis.
- **Roll Up:** Take off the Rib Wrap and bring arms over head and roll up to sit as the arms lower and reach out forward, then sequentially roll down to Parasetter®. Soften the chest and use exhale to articulate spine.



# Standing

*Parasetter® is lightly held so it doesn't bend. Add MINIS™ to extend platform for walking. Rib Wrap can be worn at waist or lumbar for support.*

- Overhead
- Lumbar
- Vertical
- Parallel Balance
- Stride
- Long Walk
- Head





# 1

## Overhead

- **Up and Down:** Start with Thumb in Center Channel for first lift. Then add four fingers. Standing straight in parallel feet, bring arms up over head and down to the upper thigh by holding Parasetter® horizontally. Inhale 4 to lift arms and exhale 6 to lower the arms.
- **Plié:** Feet turned out. Plié by bending knees to side as Parasetter® arms go down by the thigh then lift heels to relevé as arms go over the head. Neutral spine and chest is open with conscious breathing.
- **Twist:** Weight shift to coupe one foot. Parasetter® arm stays up overhead. Rotate the upper spine toward coupé side first with inhale and exhale back to center, rotate the spine away from coupé side and back to center. Switch the coupé and do other side. Pelvis stays facing front and keeping chest open wide.





## 2

## Lumbar

- **Plie/Relevé:** Roller side against the body. In parallel bend knees while torso stays upright & then rise to relevé from plié position.
- **One Legged Stance:** Lift one leg up with knee bent; hold then lower it down to switch the leg. Roll the upper shoulder back and keep chest open wide. Natural breathing to ribs.
- **Twist:** With one leg raised, twist to raised leg side. Lower leg and repeat on the other side.
- **Squat:** Deep squat by hinging hip joint, keeping shoulder back and chest open. Come back to straight legs and repeat the deep squat with natural breathing to the ribs.



# 3

## Vertical

- **Releve:** Go to 1st position, turn out feet and rise to releve using Parasetter® to keep spine long. Repeat by switching the arms as well.
- **Lunge:** Extend one leg back in lunge stance with the other forward and bended, then bring back leg back to front to stand with both feet. With natural breathing in neutral spine, alternate side every time and challenge quick weight shift and balance on the standing leg.
- **Star:** Feet wide apart, shift weight on one side and lift other side leg up in air then switch the side, movement should develop bigger, balance longer with one foot and tilt larger. Natural breathing to the ribs and feel Parasetter® vertically against spine.



# 4

## Parallel Balance

- **Plié 1:** Use flat side of Minis™. Extend arms sideways and down few times then add plié, knee bend as arms go up to side with inhale 4 and lowering arms when straighten the legs with exhale 6.
- **Plié 2:** Raise arms overhead with plié and inhale 4, lowering arms as legs straighten with exhale 6. Adding extension of upper spine when it's plié and arms go overhead, eyes follow the arms then back to neutral spine as arms lowering by thigh and legs back to straight.
- **Rotation 1:** With straight legs rotate upper spine to the right with inhale 4, arms extend sideways. Bring spine back to center with exhale 6. Then rotate to the left with the same conscious breathing. Keep pelvis and knees facing forward so that the rotation occurs in the rib cage and thoracic spine.
- **Rotation 2:** Sequential rotation by initiating through eyes, head and spine to turn. Straight legs, arms diagonal up to V shape. Use conscious breathing inhale to move eyes to right, turn the head to right then lastly spine rotate to right then exhale to bring all back to center. Repeat rotation to the left. Arches lifted off the Minis™ and activate abdominal to find balance.



# 5

## Stride

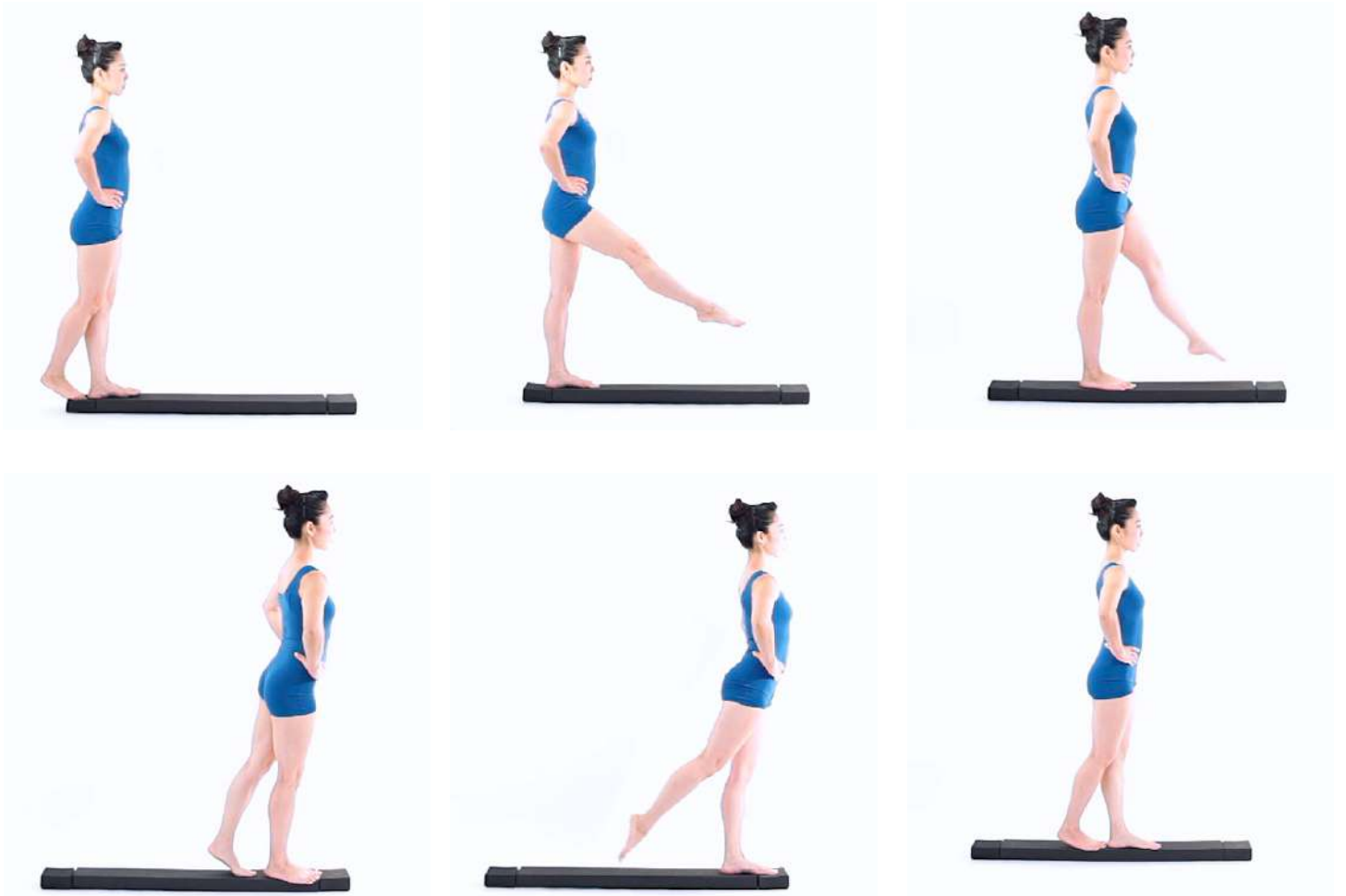
- **Arms Extended:** Stand on Minis™ in gait position. Lift arms out to side and move them down by the hip.
- **Walking:** Standing in stride position swing arms in opposition to legs with knees straight and then bend the knees when same side arm comes forward. Inhale 4 when legs are straight, exhale 6 when knees are bent (plié). Repeat several times and then switch stride position.
- **Fast Rotation:** Swing arms side to side to challenge balance. Natural breathing and eyes follow to the mild spine rotation. Step off Minis™ and move them to other side to repeat.



# 6

## Long Walk

- **Forward Walk:** Add both Minis™ to extend walk to 50 inches. Swing one leg in air outside Parasetter® before stepping on platform. Natural breathing into ribs. Release hip flexor and psoas by swinging the leg.
- **Backward Walk:** Step one foot behind the other the full length, natural breathing to enhance quick weight shift and lifting the pelvic floor.



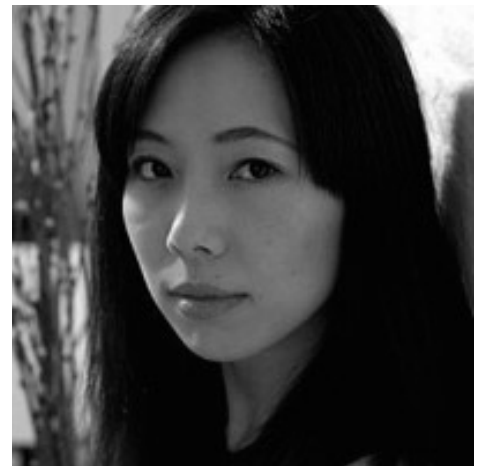
## 7

## Head

- **One Leg:** Position Parsetter® on flat side in center of cranium. Arms out to side, shoulder height. Lift one leg with bent knee and balance and then repeat other side 4/6, add rotation towards lifted leg side only with inhale 4 and return to center with exhale 6. Switch leg and repeat.
- **Walk:** Move forward with correct stride several steps; walk backwards as well. Arms out to side and natural breathing to ribs.
- **Lunge:** Arms extend to side, reach one leg back and hinge forward into lunge stance. Add rotation towards front leg side first with inhale then back to center with exhale. Switch the leg for lunge and add rotation.



## Bios



### **Marika Molnar, PT, LAc**

Marika is the President of Westside Dance Physical Therapy in New York, which she founded in 1986. She is a graduate of Columbia University, where she obtained her graduate certificate in physical therapy. She also holds a masters degree in dance education from New York University, a certificate in nutrition from the Institute for Integrative Nutrition and holds a masters in acupuncture from Tristate College of Acupuncture.

In 1980 Marika was the first physical therapist to be hired on-site at a professional ballet company to care for the dancers of the New York City Ballet. She is presently the director of physical therapy services to the New York City Ballet and also director of physical therapy services to the School of American Ballet in New York. Marika is active professionally in a number of endeavors. These activities include clinical advisor to PhysicalMind Institute, rehabilitation editor of the Journal of Dance Medicine and Science, and member of the Development Committee of the International Association of Dance Medicine and Science (IADMS). Her previous IADMS committee work includes being a board member from 1994-1999, president from 1999-2001 and Chair of the Education committee from 2001-2003. Marika has lectured nationally and internationally for the past 28 years and has published in peer reviewed publications and also book publications related to rehabilitation of dance injuries.



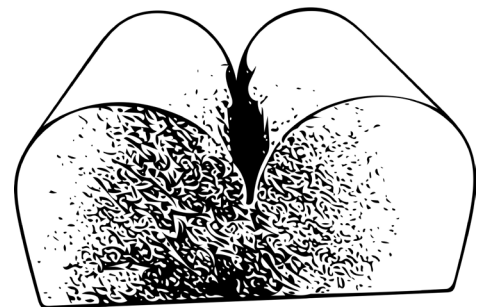
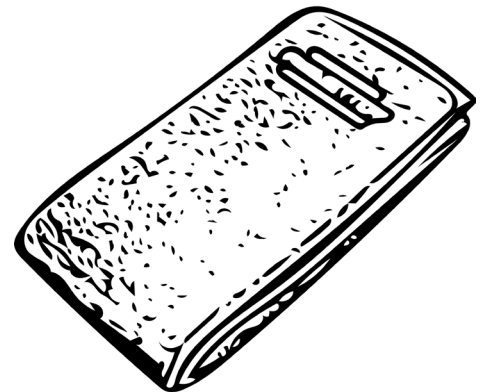
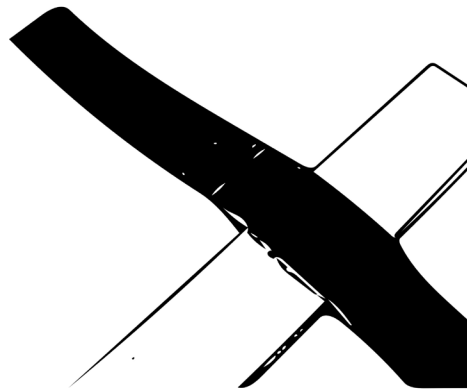
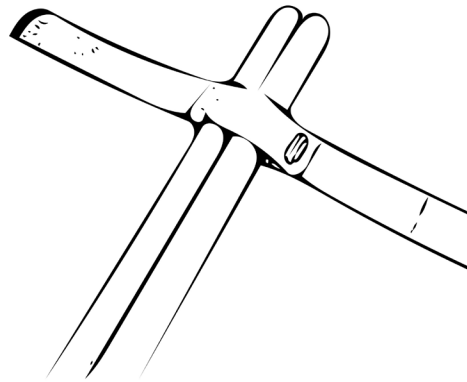
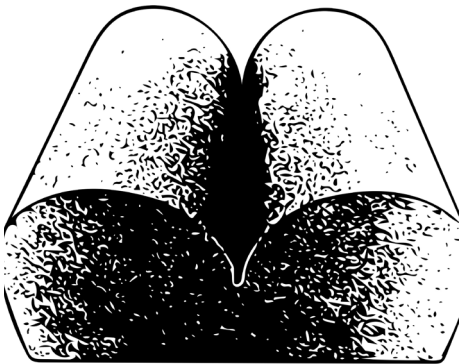
## **Joan Breibart**

Joan Breibart, Founder of the PhysicalMind Institute, started the Pilates boom in 1991 when she organized The Institute for the Pilates Method which introduced the first Pilates certification program; the first Pilates Matwork video, "Working out the Pilates Way"; the first Pilates encyclopedia, Reformer Exercises; the invention of the patented Mini Reformer, a collapsible home use machine and numerous other innovations including a new Chair now marketed as the Mve. The Institute's courses deliver the most evolved professional training today. Their latest innovations are Standing Pilates, Circular Pilates, and a wearable resistance system called Tye4®. In addition, she is co-founder with Meredith Luce MS, RD, LN of 80Bites, a weight loss program that is compatible with Pilates principles: less is more. Prior to 1991, Breibart spent 10 years in publishing and 20 years in the beauty/hair business. She has edited and authored numerous books: among them is Programmed Marketing (1971); Standing Pilates (2005); and Body Biz (2006). She is a graduate of Barnard College.

## **Yuu Fujita-Toews**

Yuu is originally from Kyoto, Japan where she began her professional classical ballet training at Yoshiko Inoue ballet school when she was 6. Yuu was also a member of Kyogei musical company and toured all over Japan. In 2001, she received a performance award and BA in Dance from Hunter College, CUNY. She taught ballet for children at Ballet Tech and Pilates workshop for ballet dancers in Japan. Yuu has studied kinesthetic anatomy with Irene Dowd, Shelly Studenberg, and Lisa Love as well as Yoga, Alexander Technique, Yamuna body rolling, Eric Franklin Method, and Thai Body Work. She is studying now with Dr. Martha Eddy in Somatic Movement which is deepening her knowledge of BMC and Laban. She is featured on the Institute's Standing Pilates, DVD. She also dances with C.Eule Dance Company and Sachiyo Ito & Co. PhysicalMind certified, Yuu recently taught Evolution 201 at the Transmittal for Certifying Studios. She is honored to work with Joan Breibart and excited to be a part of the PhysicalMind Institute.

## Afterword



Parasetter® is a Registered Trademark. Patents pending.

Design and production by Bell Cenower and Alex Mossa.