

**richard's happy posture
and exercise school
(richards lustige haltungs- und
bewegungsschule - rilubs)**

*is based on the laws of physics
of human anatomy and physiology
and the innate programs of motion.*

*is the result
of theoretical studies
as well as experience of natural motion
of humans and animals*

*of comparative observation
of human beings from different cultural
doing sports, playing
working and living their everyday life*

*last not least, of knowledge accumulated
derived from physiotherapeutic practice*

*rilubs is easy to comprehend
through illustrating the interplay
of muscles, joints, breath
and well being
through amusing scenes
and enlightening pictures
taken from history, daily life
sports and professional endeavors*

*rilubs opens up for you
daily life as a fitness studio!*

*wherever you go or stay
sit or wait
at your work place
or at home
you will be able to
strengthen your neglected muscles
and activate
your motional apparatus
easily and playfully*

*rilubs helps you
regain your natural posture
and movements
and automate it
easily and quickly.*

it requires no extra exercise!

*rilubs shows you
how to master
your daily work (!)
standing or walking
bending down, lifting or carrying
with the right techniques
with little effort
saving your back and joints*

*it substantially alleviates
pains and tensions*

*it improves blood circulation
through your entire body
and functioning
of internal organs*

*it strengthens muscles
and helps redetecting
physical strength*

*it intensifies
self confidence*

*it decisively increases
your general well being*





discover



everyday life



as a fitness-studio !



rilubs

richard rüger, physiotherapist

*posture and
exercise school*

physiotherapy

massage

*treatment of
foot reflex zones*

massage

reiki

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mobil!-