

BODY-SWING WORKSHOP



EMPOWER YOUR SWING THROUGH MOVEMENT

DATE
Saturday
June 20, 2026

START TIME
11:00 AM

LOCATION
926 2nd St
Encinitas, CA

COST/REGISTRATION
Through LPGA-A Chapter



Aubree Smithey, PT, DPT, ATC, CSCS

TPI Medical Lvl 3 | TPI Fitness Lvl 2 | SFMA Lvl 2 | FMS Certified | Golf Rehab Specialist

Physical Therapist with 15 years in golf rehab & functional movement. Certified Athletic Trainer and Strength & Conditioning Specialist helping golfers understand their bodies, move better, and play longer.

WORKSHOP FOCUS — BODY-SWING CONNECTION

- Body-Swing Connection
- Pain & Swing Characteristics
- Injury Prevention & Recovery
- Mobility, Stability & Strength
- Common Swing Faults Explained
- Golf Power & Fitness Strategies

WORKSHOP DETAILS

WHAT TO EXPECT

A focused, educational experience designed to help golfers understand their bodies, prevent injury, and elevate their game through movement science and practical insights.

WHAT TO WEAR

Athletic clothes you can move in
Bring Socks you feel comfortable wearing
To keep the area clean we ask that you remove your shoes on mats

GETTING THERE

ADDRESS

926 2nd St, Encinitas, CA
Second Story of Church of Christ Building

PARKING

Any open spots available in the lot north or west of building
Or legal street parking on surrounding street

Enter the Building on West(back) side of building up the stairs