



Hello, I'm Kit Laughlin - and I'm Olivia Allnutt.

Welcome to Stretch Therapy!

[O] For over 35 years we have worked with students, patients, and teachers from around the world, helping them to feel younger, and be more agile and pain-free.

[K] It all started with my own pain and frustration as an athlete, and as a very inflexible young man.

To try to get more flexible, I studied with dance teachers, yoga instructors, gymnastics and martial arts coaches, with little change in my body. It became obvious that these teachers had no special techniques to help a stiff adult become flexible. After a couple of years of doing classes, I couldn't even come close to touching my toes!

[O] The Stretch Therapy Method is a real-world, proven method for making adult bodies more flexible. It doesn't matter how old you are or what shape you are in, if you put in the effort, this method will work for you.

Not only will you become more limber, but you'll discover a whole new relationship with your own body.

You'll feel better, you'll definitely sleep better, and you'll move better.

[K] The Stretch Therapy Method is 100% practical. For 35 years, this system has been tested on, and refined with, a huge number of people. We ran classes for over 25 years at our teaching facility at the Australian National University, which is where all my books were written, too. Following that, we took our show on the road—doing local and international workshops for over ten years.

[O] So, we teach only what we know works; what will help adults to become more flexible, and to move better.

You'll discover the precise stretching exercises that have already helped many tens of thousands of people, just like you.

[K] Now is the moment to start your own personal stretching journey.

[O] Check out our [video courses here on our site](#). Or if you like books, [get one of Kit's best-selling books](#) from your favourite on-line bookstore,

[K] Check out this page for more information and click the button to get started!