

Movement Workshop

An Experiential Approach to the Anatomy of our Core Structures

SHOULDER GIRDLE

SATURDAY, OCTOBER 2, 2010 ✦ 8:00 AM - 2:00PM

THE PILATES CONNECTION

8767 East Broadway in Tucson

Presented By

RUTH ALPERT



Ruth Alpert is a seasoned professional in movement re-education and body alignment for individuals. She was trained in Pilates by Michele Larsson in 1992 to work specifically with injured clients, and has been part of Michele's Core Dynamics teacher training program since 1996. Ruth is also certified as a GYROTONICS® teacher since 2002, and graduated in 2007 as an Alexander Technique teacher from The Alexander Alliance Southwest. She brings to her work extensive training in alternative movement theories in addition to her many years' experience as a professional dancer. Ruth recently introduced her own blend of mind/body/spirit alignment through her Bod-easeSM program. For more information on Ruth, go to her website at www.ruthalpert.com.

- Interactive practice to learn and explore the anatomy, bone structure & alignment of the ribs and shoulder girdle
- Relationship of shoulder girdle and ribs to Oblique Abdominals
- Head alignment and head, neck and shoulder relationships
- Shoulder and Rotator Cuff muscles; and special conditions
- Film by Michele Larsson on Eve Gentry, one of Joseph Pilates' first students
- Private sessions with Ruth available on Sunday, October 3

EARN 5 PMA CEUs

\$150.00 per person

Space is limited - Reserve your seat now!

Call (520) 207-6121 or email pilatesconnection@cox.net



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