

Movement Workshop

MUSCLE AND BONE

An Experiential Approach to the Anatomy of our Core Structures
LOWER BODY

SATURDAY, MARCH 10, 2012 ✦ 8:30 AM - 5:30PM
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.

- Anatomical bone structure of pelvis, legs and feet
- Hip socket movement with identification of psoas, external rotators, quads and hamstrings
- Knee and ankle alignment issues
- Applications to pilates exercises
- 45 Minute Mat warm-up class
- Reserve a private session with Ruth for Sunday, March 11 - only 6 available - book early!

EARN 8 PMA CEUs

ASK ABOUT OTHER CEUs THAT MIGHT BE AVAILABLE

\$300.00 per person

Space is limited - Reserve your seat now!

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



The Pilates Connection