

Movement Workshop

MUSCLE AND BONE

An Experiential Approach to the Anatomy of our Core Structures

SATURDAY, JULY 10, 2010
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. Ruth 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 www.ruthalpert.com.

WORKSHOP OVERVIEW

- Information on bone structure, alignment of the spine, spinal cord and nerves
- Spinal movement with focus on coccyx articulation
- Anatomy of pelvic floor and spinal explorations in Pilates Mat and machines
- Proper head / spine alignment and exercises
- Anatomy of the diaphragm, breathing patterns, and relationship to pelvic floor
- Anatomy of psoas, contraction & release, and relationship in Pilates repertory
- Rib Cage
- Full Mat Class
- Reserve a 1 hour private session with Ruth for Sunday, July 11 - only 6 available - book early!

EARN 8 PMA CEUs
NURSING AND MASSAGE CEUs PENDING
\$250.00 per person

Space is limited - Reserve your seat now!

Call (520) 207-6121 or

Email: pilatesconnection@cox.net

 **The Pilates Connection**