

Starts Tuesday, April 3

Come alive in Ruth Alpert's

Restorative Foam Roller Class

Tuesdays 1:30-2:45 p.m.



photo by Pilates Anytime

"I have scoliosis post surgery and this has worked amazingly on releasing the tightness I carry across my chest, shoulders and upper back." – Rhian

"This was just what I needed after a 50km bike ride. I now feel fantastic, open and tall. Thanks." – Jo

**gentle • soothing • core connecting • opening • stretching • mobilizing •
uplifting • centering • grounding**

Please bring a mat and a roller, if you have one. If you don't, please call Ruth at (505) 660-1414

Ruth Alpert has extensive training in alternative movement modalities in addition to her many years' experience as a dancer. Her interest in healing movement began in 1976, with the work of Bonnie Bainbridge Cohen, Lulu Sweigard, and Susan Klein. She has been a certified practitioner of The Trager® Approach since 1987. Ruth was trained in Pilates by Michele Larsson in 1992 and has been an Associate of Core Dynamics Pilates Teacher Training since 1998. She certified in GYROTONIC® in 2002, and became a teacher of The Alexander Technique in 2007. Ruth has conducted workshops throughout the US since 1978.

For more information visit TDH at adam-bsb.org/dance-hub/ or call (805) 450-7535