

**“TO BE FULLY ALIVE  
IS A MOVING  
EXPERIENCE”**



Come alive in **Ruth Alpert's**  
**RESTORATIVE FOAM ROLLER CLASS**

a gentle, soothing, core connecting, opening, stretching,  
mobilizing, uplifting, centering, and grounding class



Photos courtesy of: <http://www.pilatesanytime.com>

“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

**Mondays 5:15-6:30 Pacific Time Zone**

**On Zoom via The Dance Hub**

<https://dancehubsb.org/schedule/the-virtual-dance-hub/>

*Ruth Alpert is a seasoned professional in movement re-education. She is certified in The TRAGER® Approach, Pilates, GYROTONIC®, and has completed a 4 year teacher training in The Alexander Technique. Ruth has been teaching movement since 1977.*