

# High Heel Workshop

## With Stacy Barrows & Kim Blank

Sunday, December 4<sup>th</sup> 2:30 - 4:30pm | \$40 in advance, \$50 at the door



### WANT:

- to walk easier in high heels?
- a more fluid and graceful stride?
- to increase stability in your ankles and feet?
- an improved dynamic posture?
- reduced back, knee and heel pain?

Inspired by the Feldenkrais Method®, this workshop will also combine physical therapy, dance, exercise and novel movement sequences to help you walk in your favorite shoes.



**Stacy Barrows** is a registered physical therapist, Guild Certified Feldenkrais® practitioner, and PMA Pilates teacher; she is co-owner of Century City Physical Therapy, Inc., author and inventor of the patented SMARTROLLER® and products.

**Kim Blank** is a professional dancer, instructor and Emmy nominated choreographer; she has worked with Halle Berry, Madonna, and Michael Jackson among others...she teaches her signature aerobic dance-fitness classes and more.



Call 310.559.7200 to Reserve your Space!

Cancellations must be made at least one week in advance and will incur a 50% service fee.

