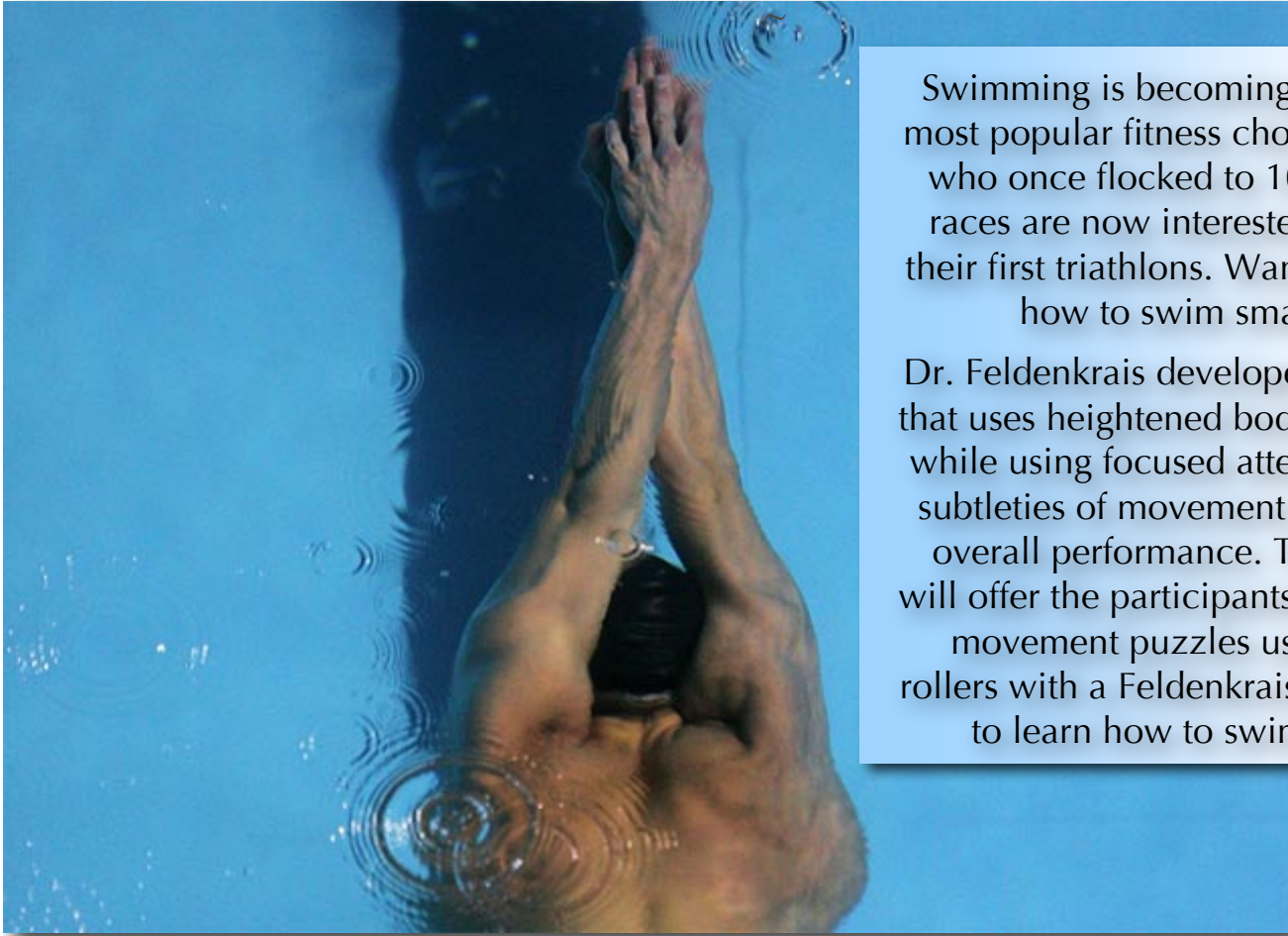


# Swim Smart with the Feldenkrais Method®

Sunday, November 6<sup>th</sup> 1pm – 4pm

\$45 in advance, \$55 at the door



Swimming is becoming one of the most popular fitness choices; people who once flocked to 10k running races are now interested in doing their first triathlons. Want to explore how to swim smarter?

Dr. Feldenkrais developed a method that uses heightened body awareness while using focused attention to the subtleties of movement to improve overall performance. This course will offer the participants, land based movement puzzles using foam rollers with a Feldenkrais® approach to learn how to swim smart.

- Learn why expert swim teachers are addressing how to reduce effort to improve stroke performance.
- Find better ways to train on land to improve balance in the water, lengthening your stroke and reduce water resistance.
- Add easy and adaptable applications to your training skills that will reduce injuries and help you swim smarter.



Join **Stacy Barrows**, PT, GCFP, PMA Pilates teacher, author and inventor of the Smartroller®, Guide and products.

Stacy Barrows is a terrific teacher--extremely knowledgeable, with a genuine enthusiasm about her field, and a collaborative, probing way of imparting it. As a lifetime athlete, Stacy understands the perspective of the fitness professional, and is able to distill the basics of the Feldenkrais approach into understandable, illuminating language and exercises. -A.H.

***Call 310.559.7200 to Reserve your Space!***

Cancellations must be made at least one week prior to date and will incur a 50% service fee.

