HIGH HEEL WORKSHOP
WITH STACEY BARROWS & KIM BLANK
INSPIRED BY THE FELDENKRAIS® METHOD

SUNDAY, FEBRUARY 5TH | 2:30 - 4:00PM | $30 ADVANCE / $40 DOOR

Sign up with a friend, and each gets $5 off the price [2 for $50 adv./$70 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.