

Foam Roller Workshop



with Ellen Hinkebein



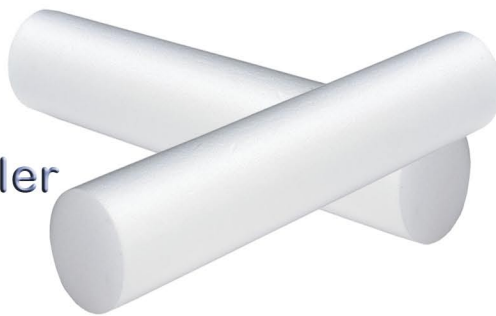
Ask anyone--this class is worth every penny! We provide the Foam Roller and take-home exercises to transform your body awareness and alignment. Works your core, fine-tunes balance, reshapes your spine, and stabilizes your pelvis--"rolls out" kinks in any part of your body, attacks tension-holding spots under arms, tops of thighs (you won't believe how much soreness you're holding!), prevents migraines as you roll the back of your head (another common area of tension), and gets those shoulders to drop away from your ears by two+ inches. We swear by it--and have sold hundreds--as soon as clients try them. Attended the Foam Roller Workshop before? Ellen will be incorporating intermediate level work for those wanting to advance.

Saturday, April 22nd

1:00 - 2:30 pm

\$70

includes Foam Roller
to take home



\$50

Bring Your Own
Foam Roller

*Call or stop by the front desk
OR go on-line to reserve your spot.*

pilates+yoga

1015 McCausland Ave. St. Louis, MO 63117
314.781.5050 www.pilatesyogastudio.com