



## FRANKLIN METHOD®

# Imagery for a Strong, Flexible, Healthy Spine

**Saturday 18 February**

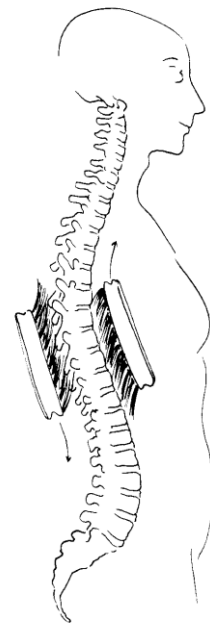
**2.00pm to 5.00pm**

**with Rowena Hall**

Franklin Method® Educator

Certified Pilates Teacher PMA®-CPT

An embodied understanding of the spine will allow for more ease of movement and strength. In this workshop we will take a closer look at what good posture actually means and how to achieve it. Using both anatomical and metaphorical imagery we will move, balance, strengthen and relax the spine.



### Learn:

- ❖ Why you have a spine and why it looks the way it does
- ❖ How your spine is designed to function
- ❖ How to take better care of your spine
- ❖ Self massage on the Franklin Balls for increased ease & release

**Price:** \$45

**Venue:** Forth Pilates, 315 Somerset Street West, Ottawa

### For registration or for more information:

**Phone:** (613) 239 3855

**Email:** [info@forthpilates.com](mailto:info@forthpilates.com)