

Fabulous October Workshop!

Soft Foam Roller Workshop

The Art of Self Care



Thursday, October 28, 2021
10:45 – 12:00pm

Utilizes “SMR” – Self-Myofascial Release Technique

Workshop Benefits

- Relieves muscle tightness and soreness
- Reduces inflammation
- Increases joint range-of-motion mobility
- Reduces injury
- Speeds up recovery
- Improves posture-offsets from sitting all day
- Improves flexibility without impairing strength

Props Used

- OPTP Pink Soft Foam Roller*
- Franklin Balls
- Racket Ball

* Soft Foam Rollers will be provided, but please bring yours if you have one!! ☺

Workshop Fee: \$38

Space is limited to 6, so sign up now!
(Masks Required for 5+ Students. If 2-4, Mask-Optional for fully-vaccinated.)

Beth immersed herself in Classical Pilates training in New York City and then received her Pilates Mat and All-Apparatus Comprehensive Power Pilates Certifications in 2007, and later The Pink Ribbon Certification as a Post Rehabilitative Breast Cancer Exercise Specialist (BCES) in 2010. She incorporates the mind-body disciplines of Pilates and yoga, which emphasize self awareness to foster a nurturing environment for healing.



Feel Great. Get Strong. Don't Forget to Breathe.