

*Now 2 Workshop Dates!*

# Soft Foam Roller Workshop

## The Art of Self Care



Thursday, October 28 10:45 – 12:00pm

Saturday, December 4 10:00 – 11:15am

*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.