

HELLER BARRE PRACTICE®!

Take your body to new limits!

Designed and Taught by Mary Heller for 27 years!

.....what was a Walter Peyton's secret weapon in being one of the fastest running back's of all time? Alignment through Floor Barre! Using all of your core muscles together, not just the abdominals, establishes great alignment. This can eliminate pain in the lower back, muscles, joints, tendons, and ligaments, especially as one ages, when staying active, and moving with ease, efficiency, and speed. This muscle memory requires training specifically through conditioning JUST the core muscles together.

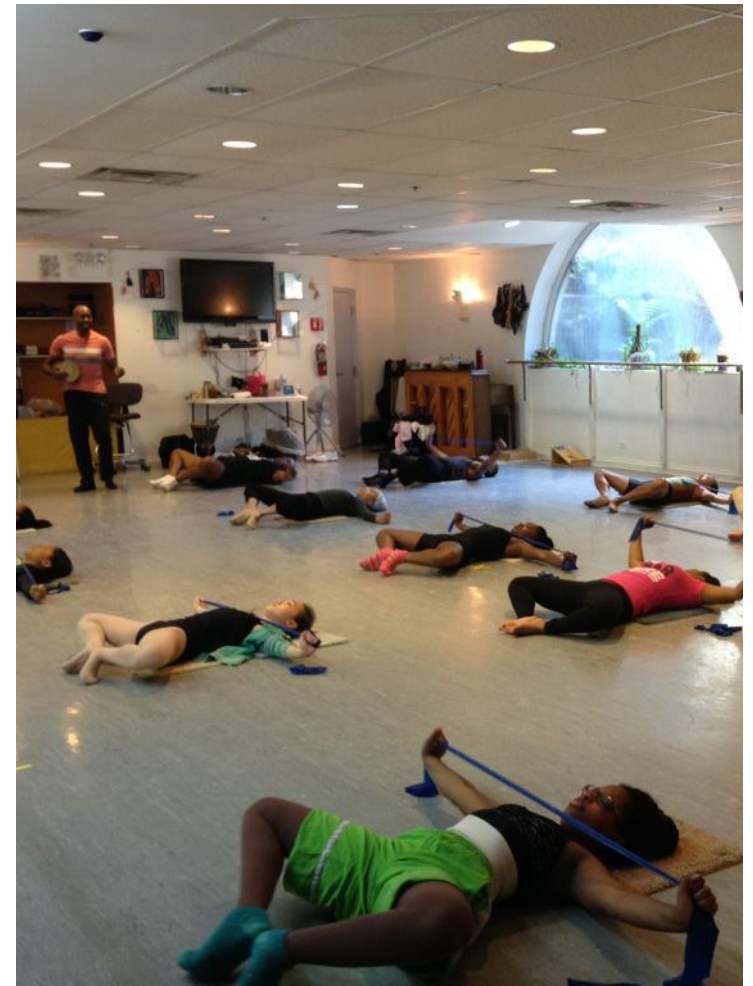
- Feel, and discover deep burning, stretching, and alignment through only your core muscles, while releasing tension in all the non-core muscles in this practice.

- **HELLER BARRE PRACTICE** uses Ballet vocabulary on the floor so every body type can feel deeply, the small core muscle groups in the upper back, abdominals and under the derrière. Integrated walking, and a specific standing exercise rounds out this burning, conditioning First hour practice.

- The Second hour of this practice deeply stretches the bellies of muscles, not near joints, with the use of aligned, gravity-hanging at the barre, and use of the wall.

- Finally, a very basic standing Ballet barre makes up the final Third hour.

- Abbreviated, combinations of these hours are offered depending on needs.



(Homer Bryant - Cultural ArtsCenter, Chicago)

Locations listed below OR at any other location you see fit!

How Much: Hourly Class Rate: \$20/person, Hourly Private rate: \$55/person

Weekly level 1 & 2 session Friday class session, 3/4/16 - 4/15/16, 4 - 5:30 pm, Prescott, AND Wed. class session, 3/2/16 - 4/13/16, 6 - 7:30 pm, Prescott Valley

\$30 drop-in, or a Special Rate of \$105 for all 7 classes in the session!

Locations: **Prescott Movement Collective**
612 Miller Valley Rd.
Prescott, AZ

Dance On!
7762 E Florentine Rd.
Prescott Valley, AZ



Mary Heller M.F.A.

Choreographer, Educator, Researcher,
and Dancer Artistry 2 certified BeMoved Instructor,
and Breadth Of BeMoved certified Instructor

**Registration Required @:
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