


# HELLER BARRE PRACTICE®!

*Take your body to new limits!*

Designed and Taught by Mary Heller for 29 years!

.....what was the  secret weapon in winning the world series in 2016? Alignment through Floor Barre! Using all of your core muscles together, not just the abdominals, and nothing else, 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, and by themselves.

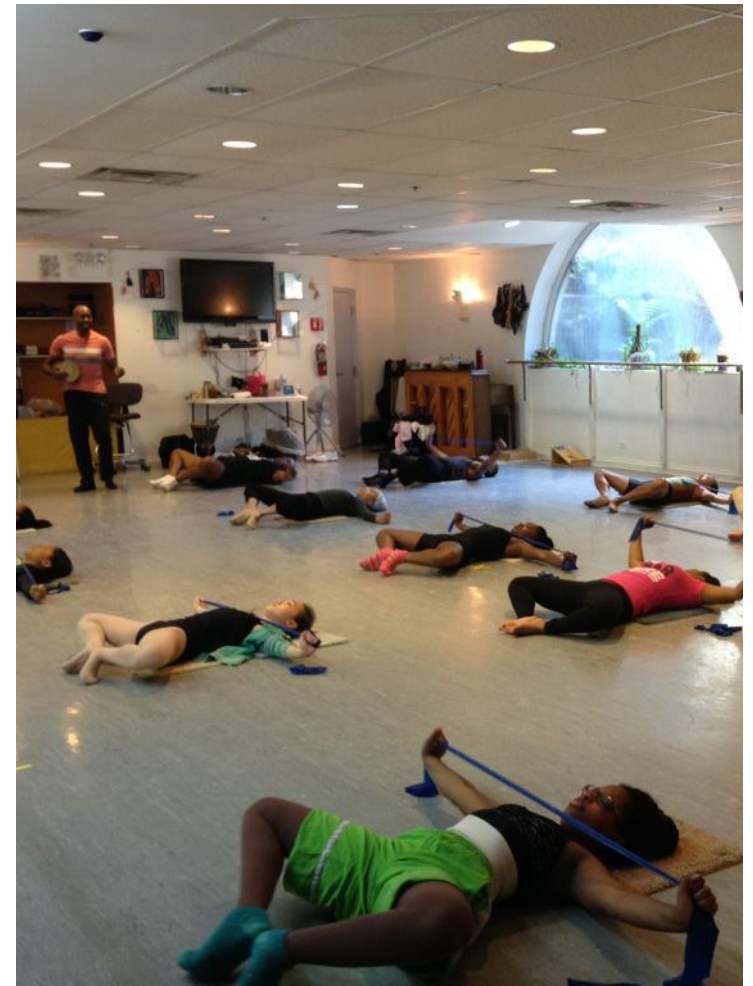
• Feel, and discover deep contraction, stretching, and alignment through only your core muscles, while releasing tension in all the non-core muscles in this practice.

• **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 muscle memory for alignment First level practice.

• The Second level 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 level.

• Unlimited, higher levels available.



(Homer Bryant - Multi-Cultural Arts Center, Chicago)

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

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

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

Weekly all levels, Friday class session, 1/6/17 - 2/24/17 4 - 5:30 pm, Prescott,

**1 1/2 hour Heller Barre Practice class!**

**\$30** drop-in, or a Special Rate of **\$120** for all 8 classes in the session!

## Location:

Prescott Movement Collective

612 Miller Valley Rd.

Prescott, AZ

Registration Required @:  
[marychoreographer@gmail.com](mailto:marychoreographer@gmail.com)

See more at  
[marychoreographer.com](http://marychoreographer.com)  
**HELLER BARRE PRACTICE**  
is offered by request.



Mary Heller M.F.A.  
Choreographer, Educator, Researcher,  
and Dancer Artistry 2 certified BeMoved Instructor,  
and Gentle BeMoved certified Instructor