

**Great Gift!**

**SAVE THE DATE!**

**"MAKING FRIENDS WITH THE FLOOR!"**

**WORKSHOP**

Learn beginning Modern Dance Limon,  
and Bartenieff techniques to get down to,  
and up from the floor pain free, with alignment,  
and proprioception awareness!

**Sunday, January 22, 2017,  
11am - 1pm!!!**

**Taught by Mary Heller at  
Prescott Movement Collective, Prescott, AZ  
612 Miller Valley Rd. and Osburn St.**

**\$25 Fee**  
*Cash, Check or*



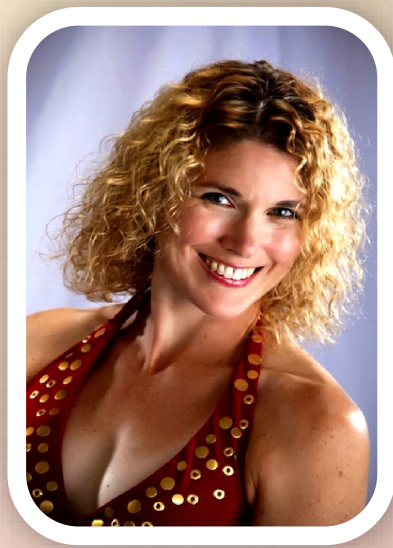
**Physical Therapy, and Occupational therapy  
movements embedded within the embodied,  
vocabulary of movement to be learned.**

***MULTI-GENERATIONAL:***

- Ages 15 - up: learn, and use these skills NOW so you will have muscle memory to kick in when falling, or rolling for a quick, coordinated response in sports such as football, soccer, or any athletic modality. Get muscle memory falling technique for the best possible outcome.
- Caregivers
- Adults of any age, or ability, wanting to learn how human bodies sequentially work with gravity to go down into, and up from the floor safely.
- Knowledge within constraints of walkers, canes, injuries, body weight, diseases, etc.

Meet, and greet your fears of falling, and the floor by playing with embodied knowledge in alignment, gravity, organic body sequencing, proprioception and laughter!

Register at [marychoreographer@gmail.com](mailto:marychoreographer@gmail.com) or 208-310-9913



**Mary has worked with many of people who have had Brain Tumors, (such as her own deceased husband), MS, Parkinson's, Alzheimer's, Neurodegenerative Disorders, and more in how to condition, and coordinate muscles safely for memory in alignment. This practice, and awareness eventually allows one to move with no pain, efficiency, and coordination for any movement needed at any given time such as with falls, and getting up from the ground.**

**Mary Heller - M.F.A. in Dance, (Pedagogy, Choreography, Technology and Performance) Florida State University - Kinesiology and Anatomy based - Physical Therapy, and Occupational therapy movements embedded in most class offerings.**

**29-year national, full-time professional, veteran Choreographer - Educator - Teaching Artist - Socially Engaged Dance Artist - Scholar - Dancer - Wellness Advisor - Professor of Dance, University of Idaho, 2006-2011 Certified Artistry 2 BeMoved®, and Gentle BeMoved® Instructor BeMovedDance.com - Heller Barre Practice®**

**[marychoreographer.com](http://marychoreographer.com) - [sharinggroundintl.com](http://sharinggroundintl.com)**