

WALK THIS WAY!

WALKING CLASS with Expert Sherry Brouman

The way that we walk defines our strengths, weaknesses, flexibility and much of our emotional and spiritual ambience is within the parameters of that most common movement, walking. Your walking style will be disclosed in such a way, that you can literally apply it to your yoga practice. We pass through Tadasana with every step we take. Understanding your 'frame' mechanics becomes the perfect jump-off point to your integrating your body, mind and spirit.

With this class you will:

- Create deeper balance in changing the way that you walk.
- Learn how your normal ways of moving/walking repeat themselves in every asana and how you can modify them to be more efficient, safe and spine stabilizing

Date: Sunday March 29th, 2009

Time: 1-3pm

Cost: \$40

Where: EHS Pilates Studio, 1452 Valencia Street, SF, CA 94110

www.ehspilates.com

415/ 285-5808

About Sherry Brouman

A gifted physical therapist for thirty-five years, yoga teacher, teacher trainer and yoga therapist. Going back to her ice skating beginnings, heightened with a profound love of grace, Sherry's focus has always been on movement. Sherry teaches yoga, teacher trainings, yoga therapy certification programs and physical therapy seminars nationally and internationally. Sherry is also an author (*Walk Yourself Well*, Hyperion 1998) and can be read about in the *New York Times'* article, 'Learning How to Walk (Chewing Gum Not Included)', (November 13, 2008).



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