

Exploring Turnout with the GYROTONIC® Method



model credit: Lūna Sayag

*Join SMT and Ballet teacher Alicia Head for a master class on the **GYROTONIC®** Pulley Tower. Open to all certified **GYROTONIC®** apprentices and instructors, this class will focus on how the **GYROTONIC®** method applies to classical ballet.*

When: Saturday, June 15 from 10-2pm

Where: bodySpan Studio, 18612 W. 95th Place, Arvada, CO 80007

Cost: \$150 plus \$20 registration fee

To Register: Contact Deborah McBride at deb@bodySpan.com.



*Alicia Head, creator of The Inner Life of Ballet™, specializes in working with ballet dancers and movement educators. Her focus is on applying anatomy and intelligent movement principles to classical ballet. She has been teaching ballet and the **GYROTONIC®** Method for 25 years.*