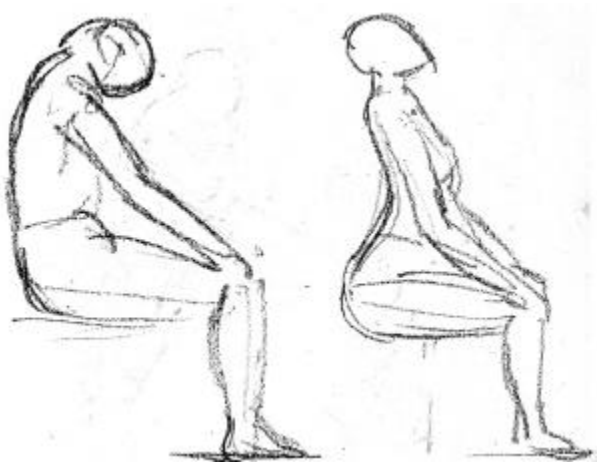


Dancers Actors Athletes Lovers

Stop re-injuring your ankle (knee, back, etc.)



- Develop the core strength you need
- Move naturally with ease and fluidity
- Increase your expressive range

Internationally acclaimed performer and Certified Movement Analyst Hilary Bryan teaches dynamic alignment based on Laban Movement Analysis and Bartenieff Fundamentals. Learn how the Patterns of Total Body Connectivity, basic to all human movement, can help you move efficiently without strain or wasted effort.

Individual Movement Coaching

Intuitively gentle guidance
interrupts the cycle of re-injury and
strengthens your body's deep internal connections.
Release the tension that keeps you from moving freely.

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