



Stretching & Flexibility Workshop for Dancers

Taught by Eric Zimmer & brought to you by Studio B Dance

Date & Time: Saturday, April 8th, 2017 from 12:30pm to 3:00pm

Location: Studio B Dance; 13927 SE May Valley Road, Renton, WA 98059

Registration: Cost is \$25 per person. Space is very limited, a paid registration reserves your spot. Contact Jeannette Baker @ 206-774-7860 or by email info@studio-b-dance.com. All registrations are final; no refunds or credits will be issued.

Details: Wear comfortable clothing. Bring a water bottle & yoga / exercise mat to use during the session. The workshop will begin with about 30 minutes of lecture by Eric Zimmer followed by 90+ minutes of master class time lead by Eric. There will be a short break during the afternoon with light refreshments provided.

About the instructor . . .

Eric Zimmer is a certified Medical Exercise Specialist and holds a degree in Health and Human Performance. His clients and students are looking for personalized programs in the areas of fitness, wellness and dance. Eric specializes in the dance population teaching social and competitive dancers how to prevent injury and optimize technique. He currently travels, performs and teaches with his wife in the UCWDC circuit when he is not working with his clients in Portland, OR.

