

Century City P.T. Presents

# High Heel Workshop

Saturday, Aug. 20  
11:00 a.m. - 2:00 p.m.



with  
Stacy Barrows  
& Kim Blank

Want to walk easier in high heels?

Stacy and Kim have combined their skills to create a unique workshop designed to help you walk in high heels with greater comfort, confidence, and grace. Using movement sequences, exercises, and dance, they will guide you into being more aware, and moving better while walking in your favorite pair of pumps!



**About Stacy:** Registered Physical Therapist, Guild Certified Feldenkrais® Practitioner, Strength and Conditioning Instructor, and PMA Certified Pilates Instructor; an early adopter and instructor in the use of foam rollers, patented the *Smartroller®*, and authored the recently published, *Smartroller® Guide to Optimal Movement*.



**About Kim:** Professional dancer, instructor and Emmy nominated choreographer; has worked with Halle Berry, Madonna, and Michael Jackson among others...teaches her signature aerobic dance-fitness, class *World Beat Workout* at Swerve Studio, in Los Angeles.  
www.kimblank.com e: kimblank@me.com

## Workshop Format:

In this 3 - hour workshop you will explore and experience techniques for achieving:

1. a more fluid and graceful stride
2. increased stability in your ankles and feet
3. walking with greater ease and comfort
4. enhanced balance, stability and control while walking and standing
5. how to strengthen your feet and ankles
6. improved dynamic posture
7. reduced back, knee and heel pain
8. increased confidence and *style*

Come experience this for yourself at:

**Century City Physical Therapy**

2080 Century Park East, Ste. 205

**Fee: \$40** [does not include parking]

Reserve your place, space is limited to 15!

**Call:** 310-553-2519 *or*,

**Email:** [fittimes1@aol.com](mailto:fittimes1@aol.com) *or*,

**Go to:** [www.kimblank.com](http://www.kimblank.com) to reserve and pay with paypal

*\*Please come dressed for an exercise or yoga class, and bring a towel, plus at least one pair of high, or semi-high heeled shoes!*