



Bouncy Knees

the Sweet Joint between the Hip and the Ankle

*A Body Unity workshop taught by ZoyaMarie Jilbere CMT, FME II, SI
Strong Emphasis on the Franklin Method*

***Keep the cartilage safe by learning the right way to use it....
so it will last a lifetime!***

- * Become acquainted with experiential anatomy
- * Gain biomechanical clarity
- * Find images that promote effortless function
- * Experience how this applies to ballet, yoga, pilates and....life

DATE: Sunday September 19th 3pm to 6pm
PRICE: \$48 Early bird rate of \$40 before Sept 10, 2010
Pre-registration required
REGISTRATION: Submit cash or check to the BBT office.
Direct payment questions to 510.843.4687
LOCATION: Studio B at Berkeley Ballet Theatre 2460 College Ave. Berkeley CA
visit www.berkeleyballet.org for more info

Subject to cancellation, (full refund) if not enough enrollment **INVITE YOUR FRIENDS!**

ZoyaMarie Jilbere has a background in dance, yoga, pilates, Structural Integration, and movement therapy. In her movement work she draws from all of her knowledge but specifically applies the work of Eric Franklin. She has studied with Eric for 5 years and has advanced certification as a Level II Educator of the Franklin Method. Her knowledge of biomechanics, human structure and the use of imagery takes movement to a new level.



Eric Franklin is the innovator of the Franklin Method. He has written a number of books on using imagery to create more efficient movement, including [Dynamic Alignment through Imagery](#), [Pelvic Power](#), and [Dance Imagery for Technique and Performance](#). Eric has worked with The Royal Ballet, The Royal Danish Ballet, Juilliard, and elite athletic competitors. If you would like to know more about Eric visit www.FranklinMethod.com.



For more information please contact: zoyamarie@bodyunity.net or 415-499-8689

See the website: www.BodyUnity.net