

HEALTHY BONES

A One-Day workshop with Rebecca Dietzel and Irene Dowd

Bones are living tissues that are constantly responding to our daily life choices. Our physical activities and eating behaviors greatly contribute to the dynamic state of our bones.

In this workshop, we will consider how we can optimize our choices to elicit the responses of our bones that sustain their resilience, strength, and ability to withstand the forces we encounter.

Rebecca will explain basic biochemistry of bone metabolism and how the way we eat can serve our bone health.

Irene will teach movement practices that provide appropriate stimulus to bone tissue, as well as enhanced readiness of both brain and bones to respond to the unexpected and changing circumstances of living on our planet.

Both will collaborate in offering a variety of proactive and simple strategies for serving the well-being of our bones.

Date: Saturday, April 29, 2017

Time: 1:00-5:00pm

Fee: \$160*

*space is limited, therefore confirmation of a place in the class comes with receipt of payment (checks or cash only)

Write and deliver payment check to:

Irene Dowd
70 East 10th Street #11K
NY, NY 10003

For more information or questions call:

Rebecca Dietzel at 718-383-3092 or Irene Dowd at 917-710-7447

Workshop takes place at:

NOHO Pilates Studio
611 Broadway, suite 608
NY, NY 10012
(NW corner of Broadway and Houston Street)