



rolfining® works

PRESENTS

Balance, Move and Flow Your Body:
Anti-exercise for Fitness and Fun

If you are looking for the right blend of activity and awareness, and a set of movements that creates and sustains flexibility, balance, strength, and flow, then this experience is for you.

TOGETHER we will explore what your body is and how it moves, and introduce you to flowing exercises that can sustain strength and balance for as long as you live.



As an Advanced Certified Rolfer Russell Stolzoff has helped people balance their bodies for over 21 years. His personal experience with a sustainable blend of balance, strength and flow has led him to create this course because he knows first-hand that so many of our concepts about exercise are too rigid. No matter what your current level of fitness is, you will benefit from this experience and walk away with something you can always use wherever you are. Your body is the only equipment necessary!

Call or email for registration and information:
(360) 671-0546 | info@rolfiningworks.com

TIME: Tuesdays 7:30pm-9:00pm

WHERE: Presence Studio, 1412 Cornwall Avenue, Bellingham, WA

COST: \$150 for 10 weeks.