

*BYBC presents . . . .*

# ***Live In Your Best Body***

*a Workshop for Dancers\**

**FREE**

**Saturday, November 1st**

**5 - 6:30 p.m.**

at

**Burbank School of the Ballet**

2518 W. Burbank Blvd in Burbank

*Dancing is demanding. Proper care of your body is essential.*

*"Live In Your Best Body" will be a series of informative workshops during which participants will learn more about their body, and how taking care of their body is key to staying healthy.*

*In this workshop, participants will learn about anatomy and how proper alignment is essential to a dancer's development.*

***To register, please visit the BYBC website***

***www.burbankballet.org***

***or email us at info@burbankballet.org***

*\* Attendees 12 and under must be accompanied by a parent..*