

Ruthy Alon - Movement Intelligence 2

San Diego 2018

Solutions Programs are a collection of innovative movement processes that can be used to address common neuroproblems.-Muscular issues. The course is six days long and participants sit in chairs most of the time. However, they may walk or stand against the wall. Ruthy Alon Participants are empowered and guided by art to find their inner self.-Correcting intelligence so they can discover better options for coordinated, comfortable movement.

All ages and abilities can learn to move and it is easy to do at home. Click the image to the left for more information about the Solutions Two Program.