

# Reuben Feels

For Actors By Actors

– a program of classes curated by us, led by our Reubenites –

Ruben De Monte

Yoga | **Be Kind, Unwind**

Italian born, classically trained - he was at Bavarian State Ballet for four years before moving to the National Ballet of Portugal - Ruben has played with us on several projects including Bvlgari and Moët & Chandon and just knows how to make people feel good. Always a cool bean, this most talented fellow has completed his yoga teacher training "to help others live a happy, chilled life".

In his playful and nurturing style, expect a detailed unravelling of the body, to ease the mind, and calm the spirit.