

Gg Muir, Professional Pointe Shoe Fitter & Feldenkrais Method Practitioner

I'm so happy to be part of Dancer's Choice and The Pointe Shop team representing San Diego. Like many of you, I've had my fair share of issues that come along with improperly fitted shoes. From blisters to full-on injuries, I know what it's like to feel like you can't find the right shoe.

In addition to being a professional pointe shoe fitter, I'm certified in an education/injury prevention training program, called the Feldenkrais(r) Method. This method is also beneficial for muscle recovery, increasing artistry and reducing anxiety. I started pointe work as an adult, after a long break from my childhood ballet training. I am a passionate dancer who feels most at home in the studio. I've recovered from various injuries and am here to share what I've learned along the way about conditioning, proper mechanics, and perseverance.

Gg is available for appointments in San Diego and works out of Dancer's Choice inside DanseMedica.
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Book your appointment here:

<https://calendly.com/thepointeshopgg/sandiego>

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