



Make a difference

PILATES LEVEL 1: MAT

- History of Pilates
- Cueing formula
- Progressive sequencing
- Mat Foundations + Classical Repertoire
- Anatomy in Motion (pre-requisite)

DATES

Anatomy in Motion: Sun, Mar 24, 2019, 10am–4pm

Module 1: Mar 29–31, 2019, 10am–5pm

Module 2: Apr 12–14, 2019, 10am–5pm

Module 3: Apr 26–28, 2019, 10am–5pm

Module 4: May 24–25, 2019, 10am–5pm



CONTINUING EDUCATION

Cervical Spine Mechanics and Protocols

Fri, Feb 8, 2019, 5:30–8:30pm

Foot and Ankle: The Body's Spring System

Sat, Feb 9, 2019, 10am–4pm

Anatomy in Motion

Sun, Mar 24, 2019, 10am–4pm

Core integrity

Fri–Sun, Apr 26–28, 2019, 10am–5pm

Golf Mechanics and Protocols

Sat, Jun 15, 2019, 10am–1pm

REGISTER TODAY!

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Location

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