

Pilates Teacher-Training Workshop

Register NOW...

To get started with a rewarding career
as a Pilates Professional!

Basic Pilates Mat Workshop

Dates: **May 4 – 6, 2012**

Hours: Fri., 10am-6pm, Sat., 10am-6pm, Sun., 10am-4pm



Registration: By Phone:

Call Aliesa – cell: (316) 734-5360

or call Kasondra at Prime Concepts Group: (316) 942-1111

This is YOUR chance to become a GREAT Pilates Mat Teacher!

- Enjoy a Rewarding Career in Mind-Body Health & Wellness – Teach Pilates Matwork!
- Gain the knowledge and skills you need to successfully teach a Basic Pilates Mat class.
- Starting with Fundamental and Beginner Pilates Matwork exercises - Develop Your Expertise.
- Acquire strong teaching skills for seeing, cueing, and spotting.
- Learn how to progress new Pilates Mat students into a solid Basic program.
- Discover the brilliance of the Pilates Matwork system and how the development of the mind-body connection is key for whole-body health & wellness.
- Enjoy the benefits of helping others improve their whole-body health and quality of life with Pilates!

Required Workshop Resources

- Centerworks® Basic Matwork Manual
- Book/DVD set – Posture Principles for Health, by Aliesa George
- Book – Return to Life Through Contrology, by Joseph H. Pilates

Required Materials for the Basic Mat workshop are not included in workshop fees.

These resources can be purchased separately at <http://www.Centerworks.com/store>
or ordered by phone when you register for the workshop.

Workshop Location: Centerworks® Studio, 2637 N. Shefford, Wichita, KS 67205

Payment Options: Cash/Check/CC-Visa, MasterCard, AmEx

- Full Payment of \$750
- Payment Plan \$250 Deposit (*due now*) + \$500 balance (*on or before May 4th*)

**There are two additional Matwork Workshops – Intermediate & Advanced to complete the “Matwork only” portion of this program. The Basic Mat Workshop is the first in a series of eight Centerworks Pilates Teacher-Training Workshops to become a comprehensively trained Pilates Teacher. Dates for the additional 2 Mat workshops and 5 equipment workshops to complete the series will be scheduled to meet the needs of the group enrolled in the Basic Mat workshop who intend to complete the full Centerworks® Pilates Teacher-Education Program.*

***To provide you with an excellent hands-on learning experience, a minimum of 4, and maximum of 8 participants enrolled by April 30th is required for this workshop to be held. Please register early to reserve your spot!*

Call to Register Today! Aliesa – cell (316) 734-5360, or Kasondra (316) 942-1111



Pilates, Foot Fitness, and Functional Movement for Whole-Body Health!

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