

# Studio One 2010 Pilates Festival

September 24-25, 2010, Springfield, Missouri

## Registration form

### STOTT PILATES™ Workshops

Please check those you will attend

#### Friday, September 24

*workshops on this date are \$100 each*

- 9:00-11:00 Group Stability Chair
- 11:30-1:30 New Foam Roller Challenge
- 1:30-3:30 Reformer for the Older Adult
- 2:30-4:30 Mini Ball workshop
- 3:30-5:30 Active Aging Level 2
- 4:30-6:30 Pilates on the Green for Golf, Matwork Level 1

#### Saturday, September 25

- 8:00-11:00 (\$150.00) Introduction to Athletic Conditioning on V2 Max Plus Reformer
- All remaining workshops on this date: \$100.00 each*
- 12:30-2:30 Stability Ball Challenge #5
- 12:30-2:30 Flexibility Overview
- 2:30-4:30 Intermediate BOSU
- 2:30-4:30 Stabilization Principles

Complimentary Social Hour: 7:30-8:30 pm Friday, September 24  
Wine, tea, soda and heavy hors d'oeuvres

#### Rehabilitation Series (\$100.00 per lecture)

Please check those you will attend.

#### Friday, September 24

- 9:00am-noon: Tracy Maxfield and Stan Brown-Lecture, *Neuromuscular Therapy, Primal Reflex Release and other types of body work.*
- 5:30pm-7:30pm: Craig Zuckerman-Lecture, *Digging for the Real Problem*

#### Saturday, September 25

- 8:00am-11:00am: Craig Zuckerman-Lecture, *Cross Structures of the Body*

**Entire and completed registration forms and full payment must be received on or before September 15, 2010.**

**Studio One Pilates  
317 E. Walnut  
Springfield, MO 65806  
417-865-0500 (phone and fax)**

Total amount for festival\_\_\_\_\_

Name\_\_\_\_\_ Address\_\_\_\_\_ zip\_\_\_\_\_

Phone\_\_\_\_\_ Email\_\_\_\_\_ Form of payment: Check enclosed\_\_\_

Credit card (Visa, Master Card or Discover)\_\_\_\_\_ Expiration date\_\_\_\_\_ Security code\_\_\_\_\_