

Attention all Pilates Instructors!

September 24-25, 2010

Here's your chance to get all your Continuing Education Credits for the year!
Learn new skills!
Meet with other Pilates Instructors!

STOTT PILATES™ Workshops

Friday, September 24

Workshops on this date are \$100 each

Each workshop is 2 hours of Continuing Education Credit

Group Stability Chair

New Foam Roller Challenge

Reformer for the Older Adult

Mini Ball workshop

Active Aging Level 2

Pilates on the Green for Golf, Matwork Level 1



STOTT
PILATES™
Midwest Training
Center
www.studioonepilates.com
Fax: 417-865-0500

Saturday, September 25

Introduction to Athletic Conditioning on the V-2 Max Plus

This workshop is \$150 and is 3 hours of Continuing Education Credit

All remaining workshops on this date are \$100 and 2 hours of credit

Stability Ball Challenge #5

Flexibility Overview

Intermediate BOSU

Stabilization Principles

Rehabilitation Lecture Series

\$100.00 per lecture

Neuromuscular Therapy, Primal Reflex Release and more-Tracy Maxfield and Stan Brown

Digging for the Problem-Craig Zuckerman
Cross Structures of the Body-Craig Zuckerman

Go to our website for registration form:

www.studioonepilates.com

Registration form and fees must be received by

Studio One Pilates

on or before September 15, 2010