



Continuing Education Coming Soon to Austin!

August 28th and 29th, 2010

Saturday August 28th

Wunda Chair Progressions

2:00 p.m. – 4:00 p.m. \$70

Go beyond the intermediate Wunda Chair exercises and see how you can challenge your personal workout level as well as that of your clientele. The Wunda Chair is the perfect apparatus to test core stability and enhance coordination, stamina, and strength. During this workshop, we will explore how to safely and effectively incorporate creative Wunda Chair choreography into the classical system format.

Prerequisite: Instructors and clients with strong intermediate level apparatus experience.

Magic Circle Madness

4:00 p.m. – 6:00 p.m. \$70

This workshop will focus on Joseph Pilates' Magic Circle and how to incorporate it into his traditional mat workouts at every level. There will be a review of technique and teaching formulas which will provide an excellent workout. Learn new ways of utilizing the Magic Circle while increasing efficient, flowing movement. You will have fun and get a good workout!

Prerequisite: Instructors and clients with intermediate mat experience.

Sunday, August 29th

Mat with Weights

10:00 a.m. – Noon \$70

Jazz up your mat class with hand and ankle weights! Explore the challenge of distal cueing, rhythm, flow and breath as you workout reaches a whole new level.

Prerequisite: Open to instructors and clients with Intermediate level experience on the mat

Advanced Tower

Noon – 2:00 p.m. \$70

Let's hang like a monkey. Let's build towers. Let's drive like mad truckers! Come to this workshop and devise a Tower class/session using intermediate and advanced material that is both fun and inventive.

Prerequisite: Intermediate mat/tower experience

Instructor for all CE workshops:

Vicki Hickerson, Power Pilates teacher trainer

Body Springs Studio

3742 Far West Blvd., Suite 110

Austin, Texas 78731

512-452-0115

Information and Registration

To register: www.powerpilates.com

Registration form: www.powerpilates.com/includes/cont_registration.pdf

Contact in New York: **Veronica Costa at 212-627-5852**

Contact in Austin: **Vicki Hickerson at 512- 452-0115**

