

# HIP & PELVIS WORKSHOP

4<sup>th</sup> of 8 Pilates SAS (stretch-align-strengthen) Weekend Workshops  
with Cathleen Murakami

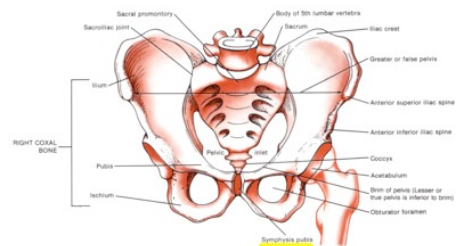
July 17 – 19, 2009

Friday 5-8 PM, Saturday 12-6 PM & Sunday 10-4 PM

\$450.00 – 15 Hours

The Hip is a multi directional joint that can be free or frozen. Optimal movement is integral for efficient gait mechanics. The Pelvis is the “Grand Central Station” that navigates the ground forces from below and weight bearing from above. Pelvic positioning affects the lower spine and hip joint directly. Understand how to address deviations in this often-misaligned area through traditional and therapeutic exercises.

SynergySystems® Fitness Studio is excited to offer our newly formulated *Synergistic Therapeutic* approach to a full Pilates Instructor Certification. It includes over 400 hours of comprehensive education with a process that is designed to work with your schedule and can be taken in any order as long as all the hours are logged and completed. Participants can choose to have emphasis in a certain area of the Pilates Method or choose an all-inclusive certification. A therapeutic approach means serving and caring for the client in an all-embracing manner, preventing dis-ease as well as managing specific physical limitations. With this approach any Pilates Instructor can formulate and safely design a workout regime for all clients ranging from those with unique needs to those who wish to be challenged at an elite athletic level. Attend this weekend workshop by itself or take all eight fundamental Pilates SAS (stretch-align-strengthen) weekend workshops to begin working towards a **SynergySystems® Pilates Certification**.



**Cancellation Policy:** No refunds, however you may transfer your payment minus a \$45 administration fee, towards another course, as long as you use the amount within one year of initial Workshop/Event. SynergySystems® Fitness Studio reserves the right to postpone or cancel any course due to the lack of enrollment or other unforeseen circumstances, in this instance all fees will be refunded.

**DON'T DELAY!** Space is limited to ten participants so that participants will receive personal attention and equipment usage time. You will receive a handout manual, workshop synopsis, study exercises, homework and a certificate of completion which can be used towards your SynergySystems® Pilates Certification Course Completion.