

SPINE WORKSHOP

5th of 8 Pilates SAS (stretch-align-strengthen) Weekend Workshops

with Cathleen Murakami

August 21 - 23, 2009

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

\$450.00 – 15 Hours

This 24 joint structure is responsible for whether your movements are youthful or aging. Joe Pilates once said, "You are as young as your spine." Clear anatomical and biomechanical illustration of what your spine is comprised of and how it should function is revealed. Common injuries and how to address them will also be a part of this weekend.

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.