

In conjunction with the Pilates Physicalmind Institute, I'm inviting all former graduates to update their certification!

If you attended and successfully completed the Initiation/Evolution 101 and 201 courses or the Concentration 101 here at Lonna Mosow's Center and have let your certification expire or need cec's, this all new course is for you! It's not too late to get back into good standing with your Pilates certification.

Come to this all new course as featured in the
March/April 2014 edition of **Pilates Style Magazine**

E101: "Fusion"

featuring

The Pilates Tye4®



Saturday & Sunday

April 26 & 27

9:00-4:00



This 2-day intensive workshop is the next best step in taking your Pilates practice to another level.

If you teach at your own studio or health club, community education program, chiropractic clinic, yoga or dance studio, the Tye4 Fusion workout is the perfect fit. Wearing the Tye4 is like working out on the Pilates apparatus. The very principles we have come to know and teach – length, depth, width and space are fused into a sequence of exercises that are challenging, functional and effective.

Join me and other "graduates" and update your certification, earn cec's, or learn a new Pilates-based workout to keep your clients/classes coming back.

Course Cost:

\$460 (includes the all new Tye4)

\$425 (if you already have purchased the new "blue" Tye4)

Early bird fee: (10% off before April 15)

Registration:

