

THE POWER OF IMAGERY: THE PELVIC CORE

FRANKLIN METHOD® TEACHER TRAINING

hosted by

PILATES STUDIO CITY

Module A: June 11-17, 2012

9:30am – 5:30pm

ABOUT THE COURSE

Experience the FM approaches of Imagery—the key body/mind skill, Experiential Anatomy and Reconditioning Movement

Experience effortless alignment and balance for the whole body through experiential understanding of the pelvic bones and joints. **Discover** and apply the dynamic alignment of the sacrum. **Understand** the importance of the pelvic ligaments in creating the pelvic tensegrity system. **Experience** how the pelvic floor musculature relates to the abdominal, lower back and hip flexor musculature. **Learn** ball and imagery exercises to train and balance the pelvic joints and muscles. **Learn** imagery to improve the health of your knees. **Experience** how the function of the knees and feet relates to your hips and feet. **Discover** imagery that will make walking, running and teaching movement more efficient and pleasurable.

Ways to Register:

- 1) Register in person at Pilates Studio City - **11650 Riverside Drive, Suite 1, Studio City, CA 91602**
- 2) Call Pilates Studio City at **(818) 509-0914** or email us at PilatesStudioCity@sbcglobal.net
- 3) Pay online at www.PilatesStudioCity.com. Look for the Franklin Method tab when logged into MindBody.

Name _____
First Last

Mailing Address _____

Phone contacts: Home (____) _____
Cell (____) _____
Work (____) _____

E-mail address: _____

COST:

- ☐ **\$1650 if payment is received by February 15, 2012 (\$1850 after that date).**
- ☐ **\$500 deposit is required to reserve your spot. NON-REFUNDABLE**

Space is limited! Don't delay - register now!

Fee policies: A \$500 deposit must be received in full to reserve a place.
We accept Visa, Mastercard, American Express, Cash, Check or Money Order

Cancellation policies: Up to 30 days prior to workshop – full refund less deposit & \$25 administration fee
15 – 29 days prior to workshop – 50% refund less deposit & \$25 administration fee
Less than 15 days or no-show – no refund will be given

We reserve the right to cancel or postpone a workshop, in which case full refunds will be provided.

Phone: (818) 509-0914

Fax: (818) 232-9105

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