



Blossom Leilani Crawford

PILATES ANYTIME Teacher / Mark Morris Dance Company Faculty
CONNECTED ARMS, BARRELS. WUNDA CHAIR AND TWISTS.

WHAT: Four 3 HOUR Workshops (3 PMA CECS per workshop)

WHEN: Feb. 23 (12 pm and 330 pm) and Feb 24 (9 am and 1230 pm)

WHERE: The Pilates Place Studios - MIAMI - 5400 NE 4TH COURT, MIAMI, FL 33137
(FREE Parking available on premises).

Blossom will be available for privates on Thursday February 21

(Please call The Pilates Place Studios 305-316-3341 for rates and availability)

\$500 for all four workshops, \$420 for three workshops, \$320 for 2 workshops and \$175 for one workshop.

February 23 Saturday

12 PM – 3 PM - Connected Arms, Strong Torso Workshop -We will explore a collection of exercises from Kathy Grant combined with traditional Pilates that focus on how the arms attach to the body. We'll play with ideas on how to use the upper extremities to strengthen the symmetrical or asymmetrical torso and learn how to effectively implement these tools when

330 PM – 630 PM - Barrel Workshop - Traditional Pilates and not so traditional vocabulary on the Spine Corrector, Ladder Barrel and Baby Barrel and how their shapes round out the linear exercises in Pilates. We will explore the barrels' unique shapes and demonstrate how it can be utilized to challenge and align the spine for a variety of students.

February 24 Sunday

9 AM – 12 PM - Wunda Chair - Exploration of the traditional exercises of the Wunda Chair. A look at classical Wunda Chair movements to highlight its simple yet challenging movements.

1230 PM - 330 pm - Twists, Turns And Curveballs Workshop - Let's look at some Pilates conventions and see how we can play with it to challenge our clients, our brains and our bodies. How can we mix up the routine, but keep it moving?

REGISTER at <http://thepilatesplacestudios.com/workshops/>