

ALOTA PILATES

alotapilates.com 952.926.4981 6418 West Lake Street, St. Louis Park 55426

THE VALUE OF CLASSICAL PILATES **WITH RACHEL TAYLOR SEGEL FROM THE PILATES CENTER**

Saturday, May 20, 2017, 10:00am to 5:00pm

“Contrology is not a system of haphazard exercises designed to produce only bulging muscles.” The order and transitions of the Pilates Method were “conceived and tested (for over forty-three years)” by Joseph Hubertus Pilates “to give you suppleness, natural grace and skill that will be unmistakably reflected in the way you walk, in the way you play, and in the way you work.” By following the order and transitions that Mr. Pilates prescribes, we develop a nuanced understanding of his movement system. The method has a clear prescription for how to target imbalances. The consistent order also provides a barometer that makes it easy to track our clients’ success and better guide them to the more advanced exercises. In this workshop we will fully understand how to Return to Life!

Saturday, May 20, 2017

“The Value of Classical Pilates”

10:00 a.m. to 1:00 p.m.

Lunch provided 1:00 p.m. to 2:00 p.m.

2:00 p.m. to 5:00 p.m.

Number of Hours Education: 6 (PMA Approved)

Cost: \$250

THE VALUE OF TRANSITIONS **WITH RACHEL TAYLOR SEGEL FROM THE PILATES CENTER**

Sunday, May 21, 2017, 10:15am to 1:15pm

When Joe Pilates wrote about the valuable results inherent in his method, he described “the internal shower” with poetic power as the extremely important increasing of one’s circulation. He believed that the practitioner needed to build heat in the body in order to achieve the results that he knew Contrology could bestow – not only with his exercise movements but with the fluid continuity of the in-between transitions.

This workshop will explain in detail the transitions between the Mat and Reformer exercises and their value in our workout results and our daily life. We will discuss the multiple benefits of transitions between exercises;

how transitions increase the heart's strength and the body's detoxifying capabilities, as Joe said to "carry better blood to feed every fiber and tissue of your body...so that the blood will flow with renewed vigor...and discharge more and more of the accumulated debris"; how transitions increase our mental acuity by "awaken(ing) thousands and thousands of dormant brain cells, thus activating new areas and stimulating further the functioning of the mind." And much more...

Sunday, May 21, 2017

"The Value of Transitions"

10:15 a.m. to 1:15 p.m.

Number of Hours Education: 3 (PMA Approved)

Cost: \$125

To register, please fill out and mail the form below. Payment due at time of registration to Alotapilates (cash or check only). Please call the studio with any questions (952.926.4981 or email at info@alotapilates.com).

**THE VALUE OF CLASSICAL PILATES & THE VALUE OF TRANSITIONS
WITH RACHEL TAYLOR SEGEL FROM THE PILATES CENTER**

Registration Form

Saturday, May 20 and Sunday, May 21, 2017

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____

PHONE _____

Saturday, May 20, 2017

“The Value of Classical Pilates”

10:00 a.m. to 1:00 p.m.

Lunch provided 1:00 p.m. to 2:00 p.m.

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Number of Hours Education: 6 (PMA Approved)

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Sunday, May 21, 2017

“The Value of Transitions”

10:15 a.m. to 1:15 p.m.

Number of Hours Education: 3 (PMA Approved)

Cost: \$125

Please mail payment (cash or check only) to:

Alotapilates

Attn: Workshop Registration

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St. Louis Park, MN 55426