MASTERCLASS MADNESS!

Saturday 6th February 2016

We are kicking the year off with some smart masterclasses to get blood pumping, brains ticking, passions ignited … join us for all or any.

10.00-11.15am  **Reformer Masterclass**

**Lauren Jones** will take participants through a challenging Reformer program incorporating progressions from the Diploma level repertoire and variations for application to different body types. This program is not suitable for injuries or special conditions. (Code: CeS1)

11.30-1.00pm  **Fletcher Fusion Masterclass®**

**Geri Taylor** will teach the Fletcher Towel Work® as developed by Pilates elder Ron Fletcher. The class is done using a Fletcher Pilates Towel to open your chest, lengthen your body and create greater range of movement in your shoulders. (Code: CeS2)

1.30-3.00pm  **Reformer Masterclass**

**Sally Anderson** will lead a challenging, professional level Reformer program providing repertoire, application and programming selections for healthy, uninjured group participation. (Code: CeS3)

**Small Apparatus Mat Master**

**Sonia Crisafulli** will share her expertise with a variety of small apparatus integrated in a Pilates Matwork setting. Sonia has nearly 20 years experience teaching the Pilates Method and is the leading faculty member and trainer for PilatesITC. (Code: CeS4)

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3.15-4.45pm

**Wunda Chair Masterclass**

Lanette Gavran will share her experience and inspiration on the Pilates Chair, with references to lineages of Kathy Grant and Carola Trier, integrated into The PIC System™ of programming. Learn new variations and ways of achieving more challenging repertoire. (Code: CeS5)

**Hand & Arm Exercises**

Sally Anderson will take participants through several sequences of hand and arm exercises, aimed at correcting alignment, postural dysfunction and strongly impacting the function of the shoulder girdle through the upper limbs. (Code: CeS6)

Bookings are essential, info@pilatesitc.edu.au

Venue is PilatesITC, 14-16 Suakin St Pymble NSW 2073

DISCOUNT OFFER: Do any three sessions and only pay for two!

PAA = 1 PDP per hour of education | Cost: $35.00 per class | Registration codes as given above

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