

# PILATES

on the lake

161 W. Wisconsin Avenue | Pewaukee, WI 53072  
[www.pilatesonthelake.com](http://www.pilatesonthelake.com)



Located Across from  
Pewaukee Beach.



**Deepen**  
**your**  
*Practice,*  
**Expand your teaching**

**AUG. 16<sup>TH</sup> & 17<sup>TH</sup>** (12 hour course)

Presenters:

**Amy Lange & Cara Reeser**

**Times:** Saturday 11-6, Sunday 10-5

**Cost:** \$400 (or \$200 per day)

Through invigorating our personal Pilates practice, we inevitably find fresh inspirations for teaching and guiding our clients.

**Register Early! This will sell out!**

#### Course Description:

In this course Amy and Cara will guide participants in a series of playful and provocative movement exercises to help deepen the body's understanding of the Pilates movement work.

We will then address "*hard to do*" and "*hard to teach*" exercises, applying what we have learned, so that you can begin to develop more successful ways to see, describe, time the exercises, and achieve movement goals you have for yourself and your clients.

Each day will start and end with a Pilates class so come prepared to move, play, and explore!

Call **262.695.2262** or  
email [pilates@milwol.com](mailto:pilates@milwol.com) to register!

