

PILATES  
on the lake

**Presents**

**A Grand Master**

*Pilates Elder*

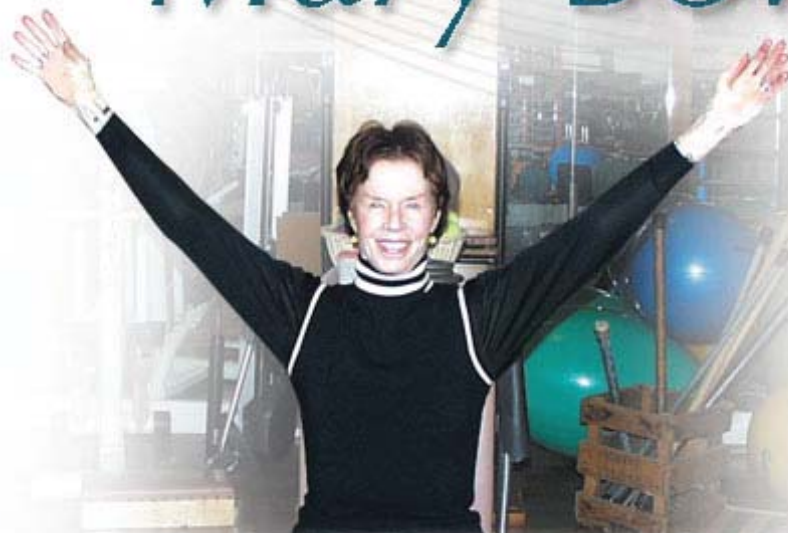
Mary Bowen is one of only five remaining

Pilates teachers who studied with

Joe and Clara Pilates

*Lifelong Pilates with*

*Mary Bowen*



**MAY 16<sup>th</sup> - 18<sup>th</sup>, 2008**

**Friday: 6-8 p.m. , Saturday & Sunday: 10 a.m. - 1 p.m / 2:30 - 5:30 p.m**

**Advanced Registration & Deposit is Required**

## Weekend Events & Itinerary

MAY 16<sup>th</sup> - 18<sup>th</sup>, 2008

### FRIDAY, MAY 16TH

#### **Cocktail Reception** (5:00 - 6:00 p.m.)

Join us for an informal cocktail reception before our evening begins.

#### **History of Pilates by Mary** (6:00 - 8:00 p.m.)

Mary will speak about the History of Pilates Method from the 1960's to the present. She will discuss her personal history and the changes in the Pilates Industry... both positive and negative.

Questions and answers will follow.

### SATURDAY, MAY 17TH

#### **Lifelong Pilates & The Body** (10:00 a.m. - 1:00 p.m. - *Lunch* - 2:30 - 5:30 p.m.)

In this workshop, Mary will teach us the essence of Pilates. Topics will include:

- **More Spine, Less Mind:** Includes new spinal release exercises off the Cadillac. Plus the spine as the initiator and integrator seen applied to any and all Pilates exercises.
- **More Experience, Less Performing:** Partnering with the body instead of controlling it as applied to all Pilates exercises.
- **Breathing as a Marriage between the Human and the Animal in us:** What the mind can think up as a way to breathing and what the body (animal part of us) can show and teach us about natural breathing.
- **Common Pelvic Imbalances in our Culture:** Spotting it and ways to correct it.

Lecture and demonstration in the morning – Participation by workshop attendees in the afternoon.

### SUNDAY, MAY 18TH

#### **Pilates Plus Psyche** (10:00 a.m. - 1:00 p.m. - *Lunch* - 2:30 - 5:30 p.m.)

Mary will discuss and teach the structure and function of our human psyche through the tool of Carl Jung's typology. We will explore how typology impacts each of us, explaining our strengths and weaknesses and foretelling the direction of development each one of us needs to work towards. This will apply to us personally as a practitioner and teacher of Pilates, and to our clients.

Understanding typology is an enlightener in all aspects of Pilates.

#### **CEC's Available**

For additional information, please contact:

**Ronda or Debby:** 262-695-2262

Advanced Registration & Deposit is Required – **Space is Limited ... Please Register Early!**

## Registration Form

**MAY 16<sup>th</sup> - 18<sup>th</sup>, 2008**

Kindly complete the registration form and mail with payment to Pilates On The Lake.  
Address shown below. (Please make checks payable to: Pilates On The Lake)

### PARTICIPANT INFORMATION

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Teaching Since: \_\_\_\_\_

### REGISTRATION FEES & POLICIES

Friday Evening Lecture: \_\_\_\_\_ (\$75)

One Day (Saturday or Sunday) Workshop Fee: \_\_\_\_\_ \$300 / Each \_\_\_\_\_ \$100 Deposit

Full Weekend (Fri, Sat & Sun) Workshop Fee: \_\_\_\_\_ \$500 (Before April 15) \_\_\_\_\_ \$575 (After April 15)  
\_\_\_\_\_ \$150 Deposit Required

### Please check the Workshops you plan to attend:

	Friday, May 16th	5:00 - 6:00 p.m.	Informal Cocktail Reception
	Friday, May 16th	6:00 - 8:00 p.m.	History of Pilates by Mary Bowen
	Saturday, May 17th	10:00 - 1:00 p.m. (lunch) 2:30 - 5:30 p.m.	Lifelong Pilates & The Body
	Sunday, May 18th	10:00 - 1:00 p.m. (lunch) 2:30 - 5:30 p.m.	Pilates Plus Psyche
Total Payment:			\$ _____

### REFUND / CANCELLATION POLICY:

A Non-Refundable / Non-Transferable Deposit is required to Reserve your Registration.

Full Payment is Due before May 1, 2008

Full Weekend Package Fee is Due on or before April 15, 2008 – No refunds or credits after May 1, 2008