

PILATES

on the lake

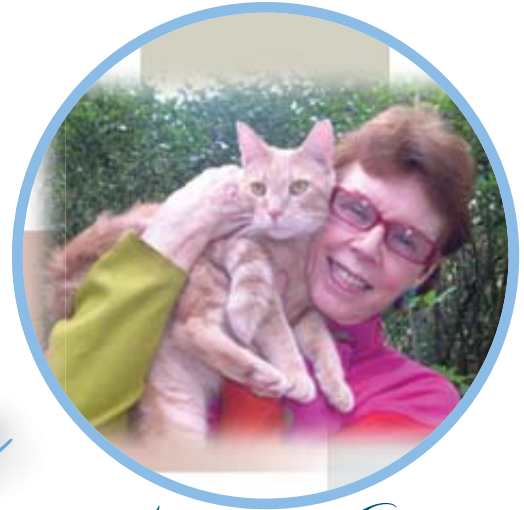


enrich your Education

WORKSHOP WITH PILATES ELDER MARY BOWEN

Pilates On The Lake invites you to share in a transforming experience. Spend an intimate and memorable weekend with **Mary Bowen**, one of our true Pilates treasures, Grand Master Pilates Elder, Humorist & Story-teller extraordinaire, Jungian Analyst, Cat Woman and "eternal child at heart." Mary Bowen is one of only five remaining Pilates teachers who studied with Joe and Clara Pilates.

- **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.



Mary Bowen
Grand Master Pilates Elder

WORKSHOP BREAKDOWN

- **Friday, May 16th - 6:00 p.m. - 8:00 p.m.**
The History of Pilates
(2) Hours: \$75
- **Saturday, May 17th - 10:00 a.m. - 5:30 p.m.**
Lifelong Pilates & The Body
(6) Hours: \$300
- **Sunday, May 18th - 10:00 a.m. - 5:30 p.m.**
Pilates Plus Psyche
(6) Hours: \$300

Full Weekend: \$500

Don't miss
this incredible opportunity
to learn from a
true master!

Call 262.695.2262 to Sign up Today!

161 W. Wisconsin Avenue
Pewaukee, WI 53072

www.PilatesOnTheLake.com