

4TH ANNUAL PILATES DAY CELEBRATION & INTERNATIONAL PILATES CONGRESS

PILATES



HONORING JOSEPH PILATES IN HIS BIRTHPLACE WITH A PILATES CONGRESS FEATURING SOME OF THE FINEST PILATES TEACHERS FROM AMERICA, GERMANY AND THE INTERNATIONAL PILATES COMMUNITY, HEADED BY MASTER TEACHER LOLITA SAN MIGUEL, TRAINED AND CERTIFIED BY JOSEPH PILATES HIMSELF

MANY WORKSHOPS, CLASSES ON MAT, REFORMER, CHAIR, CADILLAC, BARRELS, PED-A-PUL AND SEMINARS ON STENOSIS, OSTEOPOROSIS, GOLF, SPIRAL DYNAMICS AND OTHER TOPICS

TEACHERS: LOLITA SAN MIGUEL, KEVIN BOWEN, BRETT HOWARD (USA), SUUS WILMS, TON VOOGT & MICHAEL FRITZKE (HOLLAND), UTE WEILER, CHRISTIANE WOLFF, ANETTE ALVAREDO (GERMANY) PLUS LEADING TEACHERS FROM BASI, PEAK, POLESTAR, BALANCED BODY AND PMMP PILATES MASTERS

MAY 18, 19 & 20, 2012
DAY TICKET: €175

HAUSERHOLUNG, MÖNCHENGLADBACH

3-DAY CONGRESS PRICE: €345

INFORMATION:

CLAUDIA HOLTMANNS CH@FINDYOURSELF.DE
& LOLITAPILATES@YAHOO.COM