

Your Pilates Journey October 19 - 20th



Whether an instructor or experienced enthusiast, join us on Your Pilates Journey as we host Andrea Maida in an inspiring weekend here in the Lake Norman Area.

Friday, October 19th

8:00am - 11am Privates/Duets at the studio of Pilates & Horses (priced separately)
1:30pm **Master Mat Class with Andrea** at Perfect Form Pilates **(\$35)**
3pm - 6pm **The Teaser: The Truth will Prevail** (see description) at Perfect Form Pilates (\$120)
6:30pm - 7:30 pm **Pizza & a showing of Archival Footage of Joseph Pilates (\$25)**
8:00pm Join us for drinks and conversation with Andrea

Saturday, October 20th

9am **Master Mat Class with Andrea** at Perfect Form Pilates **(\$35)**
10:30am **"Hike like Joe" with Andrea & Rebekka (\$20)**
12:00 pm Lunch (pre-order options will be provided at an additional fee)
1pm - 5pm **Chair and Barrels** (see description) at Perfect Form Pilates **(\$145)**

HOW TO REGISTER

Total Workshop Cost \$380 if priced individually
Bundle Price \$350 (includes both workshops, mat classes, movie & hike)

Register by August 8th and get the weekend at a 10% discount (\$315)
(PMA Credits given)

Registrations can be made by contacting the studio directly at 704-560-0383 or email to ann@perfectformpilates.com

(Please note that Private and Duet sessions can be scheduled with Andrea or Rebekka on Thursday and Friday morning, October 18th & 19th - priced separately)



Andrea Maida

Andrea is a graduate of Vintage Pilates' inaugural classes of The Work and Teaching the Work, two years of intense study under Jay Grimes (1st Generation Master Teacher and former student of Joseph Pilates). Andrea has received comprehensive training through Excel Pilates (Washington, DC) and Romana's Pilates.

She is the owner of a private Pilates studio in Solana Beach, CA. Andrea is also an instructor and blogger for pilatesology.com, which is dedicated to recording, preserving and spreading Joseph Pilates' original work worldwide. Visit her website: <https://www.pilatesandrea.com> to get more information and to read her blog.



Rebekka Schulze

Rebekka is the owner of Pilates & Horses - a small home studio for classical pilates. She is a physical therapist from Germany, holding a bachelor's degree in PT from University of Sydney, Australia. Rebekka got her Pilates certification through Power Pilates and is a graduate of "The Work" - an intensive Pilates program led by Jay Grimes - a student of Joseph and Clara Pilates.

At Pilates & Horses, Rebekka offers Pilates workouts with the goal of promoting the well-being of any individual using the Classical Pilates method as developed by Joseph Pilates. Her studio is equipped with all Classical equipment, built after Joseph Pilates' original drawings and measurements. Visit <http://pilatesandhorses.com> for more information.



Workshop Descriptions:

3 Chairs + 3 Barrels = 2-way Stretch

How do the 3 Pilates Chairs (High Chair, Wunda Chair and Arm Chair) and the Barrels (Small Barrel, Spine Corrector and Ladder Barrel) work to progress you or your clients in their Pilates workout?

In this 3-hour workshop we'll use the Chairs and Barrels to refine the 2-way Stretch and reveal the connections to the upper and lower body. We'll take a look at how the Chairs and Barrels function within the Pilates Method, the challenges they create and the connections they can facilitate. All levels of students can benefit from the exercises on these six apparatus.

The Teaser: The Truth will Prevail

The Teaser is infamous. It's got a reputation and the word on the street is not good. We'll comb through the Pilates system in this workshop and discover clues and components to find success in the Teaser. Where in the fundamental exercises do we begin to work on key elements of the Teaser? What are some common pitfalls? What skills of body shape and dynamic opposition do we need to cultivate? Join us for a 3-hour workshop as we strategize how to better our Teaser by working on it all around the Pilates studio. You may even begin to enjoy it.

Add-on Pricing

Private Lessons at the Classical Studio of Pilates & Horses

- Andrea \$120
- Rebekka \$90

Lunch on Saturday (options to be provided for pre-order)

Painting on Saturday evening - \$60

Separate pricing for workshops can be provided upon request.

Perfect Form Pilates is a fully equipped Peak Pilates studio conveniently located in the Lake Norman Area off exit 28 at the Shops at Fresh Market. Our location is quick and easy to get to from Mooresville, Davidson, Cornelius, and Huntersville. Our address is 20545 Torrence Chapel Rd, Suite B Cornelius, NC 28031. You can reach Ann at 704-560-0383 with questions or for more information.

For out of town guests, please contact us for hotel options.