

Upcoming workshops open to all and designed to inform, inspire and promote the Art of Smart Movement® at ABSolute Pilates!

Winter 2020



MYOFASCIAL RELEASE WORKSHOP

- Increase mobility, relieve aches and pains, and de-stress your body with myofascial release so it can perform more efficiently. This workshop will provide you with some simple techniques to release fascia throughout the body, along with complimenting stretches to support the method.

- *Taught by Rebekka Schulze, Pilates Instructor and graduate of Jay Grimes, 'The Work' and a certified Physical Therapist.

- *Fascia Ball for each participant included in the workshop fee.

BASIC - OR NOT SO BASIC? Challenge yourself with some essential moves!

- How are your basic skills? Have you reviewed some of those "easy" moves that you learned a long while ago?

Find out how going back to the basics will actually take you forward. And don't let the basics fool you ... you might be surprised how challenging they really are. Use the basics to your advantage, find out what's possible and how you connect deeper into your body and your Pilates practice.

- This workshop will be presented by Rebekka Schulze.

HAPPY FEET = STRONG SEAT!

- Learn how to use tools as simple as elastic bands, balls, towels and marbles. Help conquer bunions, fallen arches and plantar fasciitis. Learn about your foot anatomy and valuable self care tips & techniques that will keep your feet healthy and at the same time, strengthen your seat! ** A ball and band is given to each participant!

- This workshop will be presented by Monica Hoekstra.

THE 'CLASSICAL MAT' ORDER FOR AT HOME PRACTICE

- If you do the Basic Mat plus the famous 'ab series' everyday for a month...I promise you will see a change in the way your body moves and feels! Learn the order, the modifications your body may require and how it can be intensified. Included is the 'Wall' exercises to help make your posture perfect and some "Towel Exercises" to help start your day revitalized and refreshed. Ten to fifteen minutes is all it takes making it a win win to get in shape at home, while traveling and to keep you strong between your lessons at the studio!

- This workshop will be presented by Monica Hoekstra.

*Call the studio or contact us online at: info@absolute-pilates.com to sign up!

*Register for 2 workshops and receive 5% off, 3 workshops and receive 10% off, 4 workshops receive 15% off.

Date: Sat., Feb. 29, 2020

Time: 11am - 1pm

Cost: \$80

*includes fascia ball from 'blackroll.com'

Date: Sat., Feb. 29, 2020

Time: 2pm - 4pm

Cost: \$70

Date: Sun., March 1, 2020

Time: 9:30am - 11:30am

Cost: \$60

Date: Sun., March 1, 2020

Time: noon - 2pm

Cost: \$60

CALL THE STUDIO TO REGISTER 704-442-8600

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6707 Fairview Rd., Suite A Charlotte, NC 28210