



We are thrilled to welcome Kathy back to SF Peak Performance Pilates
in celebration of our 31st year anniversary

Kathy Corey

2nd Generation Pilates Teacher, Author

Sunday, March 1, 2020

10 am - 5 pm

6 PMA CECs

A DAYS JOURNEY WITH THE MASTER ELDER TEACHERS:

Bruce King, Carola Trier, Eve Gentry

(+ Ron Fletcher, Kathy Grant, Romana Kryzanowska)

Kathy's description: I have been very fortunate in my Pilates career to have spent time with all the Master Teachers that studied with Joseph Pilates and my knowledge is a gift from each of them. In the early 1990's, I became the publicity director for the Institute for the Pilates method and my job was to interview and work with these incredible teachers. I got to learn what and how Joe taught each of them and their personal and professional journeys with the Pilates technique. This is the foundation of this course. Each master teacher — **Bruce King, Eve Gentry, Carola Trier, Ron Fletcher, Kathy Grant and Romana Kryzanowska**. I will present their incredible knowledge and individual styles of the Pilates Method through this course. **We will focus more on Bruce, Carola and Eve.** I feel a tremendous responsibility to Joe, Clara and all the Master Teachers who shared their work so openly. If I can help teachers understand the depth and power of the Pilates Method, not just through the exercises, but through the principles of Pilates, I feel I am making a contribution to honor our heritage and link us to the future of the method. The future is in the hands of the students in my classes. If I can help them in their journey, I will have accomplished my goals as a teacher. **This course includes Matwork and all equipment.**

A 2nd Generation Pilates Teacher, Author, Kathy is one of the busiest and most in demand international presenters who conducts clear, precise, informative Pilates workshops around the globe. She assisted Ron Fletcher, and worked with several other elders, including helping Kathy Grant in her later years.

Kathy Corey began her career with the Pilates Technique in 1979. She has been a leading expert in the Pilates community for over 35 years and is the Director of Kathy Corey Pilates. The Kathy Corey Certification Program is taught at locations across the United States and her continuing education programs are taught in over twenty countries. In 2004, she designed the innovative CORE Band®, which is used in studios around the world. The CORE Band® Mat Class is recognized as an enhancement to the traditional mat exercises. Since 2007, Kathy Corey has been a Chairperson of the IDEA Pilates Task Force as well as being on the Contributing Editor Board for IDEA Pilates Today and is considered an IDEA Expert. In 2007, she was selected by IDEA as one of ten people in the world "Who Inspire the World to Fitness," the fitness industry's highest form of recognition.

Mrs. Corey is a "Distinguished Instructor" for PilatesAnytime. PilatesAnytime.com is a global Pilates studio, created for people all over the world to explore Pilates with highly skilled, well-trained instructors.

In 2013, Kathy Corey received the first Plaque of Appreciation from Pilates in Asia for her outstanding performance and contribution to the growth of Pilates around the world.

\$310 Early bird rate prior to 1/31. \$330 payment after 1/31. +Fee for cc, PayPal. No fee for check, cash.

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info@peakperformancepilates.com. Early application recommended. Contact Jennifer Stacey, MS.