

Registration for Jennifer Stacey's workshops,
March 12, April 30, June 4, 2017
Peak Performance Pilates

March 12: Release the Rib Cage and the pelvis will follow.

April 30: Pilates from the Wings: The Power of the Wings and Serape, through alignment of the arm.

June 4: Addressing Bunions with Pilates.

For information: Jennifer Stacey, M.S., js@peakperformancepilates.com
Make payment to: Peak Performance Pilates, 126 Post St., 3rd fl. S.F., CA 94108.
js@peakperformancepilates.com. peakperformancepilates.com/education/workshops

The Workshops are located at Peak Performance Pilates and The Pilates Collective, 126 Post Street, 3rd floor, San Francisco, CA 94108 between Grant and Kearny. We are 1.5 blocks from the Montgomery BART and Muni station.

Space is limited. So sign up early! Pre-registration and pre-payment is recommended by Feb. 15. Refunds are provided if cancellation is made 3 weeks prior to each workshop. No refunds provided after that. A 3% charge will be added for credit card payments. If cancellation occurs with a merchant card charge there will be a 4.5% fee charged.

All 3 days Early Bird prior to 2/15/17: \$315. Early Bird Single workshop: \$110 prior to 2/15/17. \$120 for each workshop, after 2/15, 2017.

Name: _____ phone: _____

Address: _____

Email address: _____ date: _____

Attendance: All 3 days: _____ 1 - 2 workshops: circle: 3/12, 4/30, 6/4

Amount enclosed: _____ Check Number: _____

In May the Immersion™ Pilates Aquatics™ Teachers course will be offered in Moraga, CA. Please contact Jennifer you are interested in becoming an IPA™. It is fun and challenging! A unique way to delve deeper into Pilates, while in the outdoors. Joe believed we should all get out in the fresh air! Classic Pilates in, on and by the water.
Interest? Yes _____ No _____