

Scintillating seminars

as part of Peak Performance Pilates' 30th year celebrations.



Dr. Richard Robertshaw, DC

**Addressing injuries, neurological conditions, client limitations
and signs to watch out for in Pilates.**

Wed., November 13, 6:30 – 8:00 pm. 1.5 PMA CECs pending. \$90.

Kathy Corey

Internationally renown 2nd Generation Pilates Teacher

Feb. 29, March 1, 2020

PMA CECs pending

Pilates' Puzzles

**Dr. Richard Robertshaw, DC,
Dr. Chady Wonson, DC, LAc, CNC, CTN**



Enlightening, interactive sessions where we brainstorm Pilates repertoire, client's patterns and conditions that puzzle us. You can bring a client, yourself and/or questions to discover solutions. The wisdom, simple corrections, and advice that Dr. Richard Robertshaw and Dr. Chady Wonson provide are astounding and profound.

Tuesday/Wednesday evenings. tba soon! PMA CECs pending.

Jennifer M. Stacey, MS

Exercise Physiologist/Biomechanist

2nd Generation Pilates Teacher

"Gems from the Elders.", "Rotate around the Ears and Xiphoid."

"Apparatus Repertoire on Cadillac for the wiggle of water."

Tbd. PMA CECs pending.

Peak Performance Pilates

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corner of Geary and Powell.

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