



## **Spend the Morning with a Pilates Legend**

Romana Kryzanowska is hands down the most well known name in the pilates community. On May 22 & 23, this pilates legend will once again be teaching workshops at Pure Joe Pilates Studios located in Logan Circle. Each day Romana will assess the group and decide what to teach based on the bodies in front of her. For those select people who have had the opportunity to study with Romana understand this is the best way to learn and experience her special way of teaching. Romana first started pilates as a teenager and now in her mid eighties Kryzanowska travels the world training instructors in the discipline of the Pilates method.

- Morning Mat

- Group Discussion

- Exercise & Modification Overview



**Cost \$225 per day**

**Lunch with Romana \$40**

**The workshop is intended for Pilates Instructors & Apprentices Only.**

### **Workshop Specifics**

- Cost for the one day workshop \$225.

- Lunch \$40 per person. Lunch will be on the day you are signed up for the seminar.

- All seminars will be in our DC Studio. 1221 Massachusetts Ave, Washington, DC

- May 22

8am-12pm

1pm Lunch

- May 23

8am-12pm

1pm Lunch

**Call 202-737-7776 to reserve your space**

Space is limited, payment in full is required to reserve your space. No refunds after May 15, 2007.