



## **Principles of Pilates with Michael Rooks & Andrea Burkholder**

Did you know that all Pilates exercises are based on 6 principles of the Pilates method? These principles are what make this method so unique whether working out on the mat or using the Pilates apparatus these 6 principles are the touchstones of every exercise. Proper understanding of the method account for the grace and ease that can be experienced as a result of practicing Pilates. It is the integration of all of these principles that supports the balanced body conditioning that Pilates is known for. Join us as our teacher trainers go over the principles of pilates and teach you how to make the most of your sessions using these principles. The workshop will start with a rigorous mat and some apparatus work will be covered.

### **Reston Studio:**

Wednesday, June  
13 6-8pm

Call 703-787-3767 to  
reserve your space

### **DC Studio:**

Thursday, June 14  
6-8pm

Call 202-737-7776 to  
reserve your space

**Cost \$65 for two  
hour class**

- Centering
- Control
- Concentration
- Breath
- Flow

**Cost \$65**

Workshops are open to  
clients of all levels,  
teachers & apprentices.