



Understanding Modifications & Injuries with Michael Rooks & Andrea Burkholder

Pilates exercises are so controlled they are very safe for those in rehabilitation after an accident or injury. In particular, the apparatus work assists the body to regain functional movement by re-educating and re-aligning the body, preventing imbalances.

In this seminar, our Teacher Trainers will be discussing some of the most asked about and experienced injuries among our clients. In addition to these common conditions, we will also answer questions regarding how Pilates can benefit other less common injuries and conditions.

Knee/hip replacements
Knee Pain
Lower Back Pain
Disc Problems
Neck & Shoulder Damage
Performance & sports injuries
Repetitive Stress Injuries
Muscle strains

DC Studio:
Thursday, Sept 20
6:30-8:00 PM

Call 202-737-7776 to
reserve your spot

Reston Studio:
Saturday, Sept 22
2:00-3:30 PM

Call 703-787-3767 to
reserve your spot

Cost \$65

Cost \$65

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