



Spend the Morning with a Pilates Legend

Romana Kryzanowska is hands down the most well known name in the Pilates community. On April 19-20, 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.

Workshop Specifics

- Cost: \$450
- Date: April 19-20
- Location: Pure Joe DC

- Morning Mat
- Group Discussion
- Exercise & Modification Overview



Cost \$450

The workshop is intended for Romana's Pilates Instructors Only.

Call 202-737-7776 to reserve your space

Space is limited, payment in full is required to reserve your space.