



Continuing Professional Education

Sari Mejia Santo, next to her mother Romana Kryzanowska, is the most acclaimed instructor of True Pilates. She is known for her vast knowledge of the body and precision in teaching the Pilates method. Sara has been teaching the method at her mother's side for nearly four decades, and has become an icon within the Pilates community.

On November 15-16, Sari will be teaching advanced workshops at Pure Joe Pilates Studios. Each day Sari will assess the group and decide what to teach based on the students attending.

- Morning Mat
- Group Discussion
- Exercise & Modification Overview



Cost \$450

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

Workshop Specifics

- Cost: \$450
- Date: Nov 15-16
- Location: Pure Joe DC

Call 202-737-7776 to reserve your space

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