



## Using Imagery In Your Workouts with Michael Rooks & Andrea Burkholder

### **Reston Studio:**

Saturday, Mar 15  
2:00 - 3:30 PM

Call 703-787-3767 to  
reserve your spot

### **DC Studio:**

Saturday, Mar 29  
2:00 - 3:30 PM

Call 202-737-7776 to  
reserve your spot

**Cost \$65**

This seminar is open to clients with Pilates experience and is not suitable for beginners.

'Round your spine like you're going over a beach ball,' 'A bird cannot fly with broken wings,' 'press down like you're going through wet cement.' These could be cues that work for you in certain Pilates exercises. Many of us find that it is easier to use an image to complete some exercises than to think of how the body is actually doing the exercise. Using your imagination is key to a good Pilates workout, so sometimes your instructor will give you an image, but you want to be able to create your own images as well.

This workshop will go over images that are known to work well for many people and will explore how and why imagery helps you.

We'll warm up with a mat workout before continuing to the image exercises.

**Cost \$65**