

2010 Pilates Houston Association

Annual Fall Workshop

September 18, 2010



1:30-3:00pm 'Kiss the Frog: Accessing the Center line through Pilates Stance' by Joyce Yost



3:15-4:45pm 'Anatomy in Clay' by Teresa Fleming



5:00-6:00pm 'Strength Training and Motor Learning for Dancers' by James Harren

Total Number of CEC Hours: 4

Price:
Register before August 18, 2010

Full Workshop
\$90 General
\$60 PHA member

Single class
\$30 General
\$20 PHA member

Register after August 18, 2010

Full Workshop
\$100 General
\$90 PHA member

Single class
\$40 General
\$30 PHA member

Location:

Pilates Concepts of Houston
3100 Richmond Avenue
Houston, TX 77098-3015

Contact Information:

Shannon@pilateshouston.com
713-528-2525

Reply Slip

Name _____ Phone #/Cell _____

Address _____

Email _____

Check each class you are signing up for:

- Kiss the Frog with Joyce Yost
- Anatomy in Clay with Teresa Fleming
- Strength Training and Motor Learning for Dancers with James Harren

Send checks to:
PilatesHouston, Inc
3930 Kirby, Suite 102
Houston, TX 77098