

# STOTT PILATES™

THE CONTEMPORARY APPROACH

## UPGRADE YOUR SKILLS WITH STOTT PILATES™ WORKSHOPS

STOTT PILATES™ is a systematic way to achieve optimal strength, tone, flexibility and posture. A contemporary approach to the mind-body teachings of Joseph H. Pilates, STOTT PILATES™ emphasizes neutral spine and neutral pelvic alignment and their relationship to core stability and peripheral mobility. All workshops qualify for continuing education credits with recognized fitness organizations.

**Each workshop covers:** ■ STOTT biomechanical principles ■ relevant STOTT PILATES™ repertoire ■ how to integrate exercises successfully into existing programs ■ exercise cueing and imagery ■ when and how to progress.



## STOTT WORKSHOPS IN CONNECTICUT

held at

SPECIAL CARE



HOLISTIC  
Wellness Connection

74 Vine Street,  
New Britain,  
Connecticut 06052.

(For driving directions only,  
please call 860-832-6239).

### flex-band™

Friday **March 22**, 2002      2 hours      **6pm-8pm**      \$70  
allows you to integrate Reformer-like exercises into your Matwork™ routine using the Flex-Band™ exerciser to simulate spring resistance and add variety.  
*includes a flex-band™ exerciser and presentation notes.*

### fitness circle®

Saturday **March 23**, 2002      2 hours      **10am-12pm**      \$70  
shows you how to incorporate resistance and variety into your Matwork™ routine using the sprung steel strength of the Fitness Circle® exerciser.  
*includes presentation notes.*

### Introduction to Essential Reformer

Saturday **March 23**, 2002      4 hours      **1pm-5pm**      \$160  
takes you through the *essential* level repertoire performed on the STOTT Reformer for personal or small group training.  
*includes presentation notes.*



**register today** fax your completed registration form and full payment to

416-482-2742 or mail to STOTT EDUCATION 2200 Yonge St., #1402, Toronto ON, Canada M4S 2C6.

**for more information** email [jane@stottpilates.com](mailto:jane@stottpilates.com). call toll-free 1-800-910-0001 x 232 or dial 416-482-4050

# intelligent exercise. profound results™

**new in 2002.** To maintain your level of STOTT certification, a total of six hours of qualifying STOTT workshops must be completed annually.

**For information** & a free colour brochure on STOTT training, videos, manuals & equipment email [info@stottpilates.com](mailto:info@stottpilates.com) or surf [www.stottpilates.com](http://www.stottpilates.com)



STOTT is recognized by the  
American Council on Exercise®  
as a Continuing Education Specialist.