

Core Power: Anatomy in Clay Workshop



Get Registered Today!
Centerworks Pilates Studio, Wichita, KS.

Core Power: Anatomy in Clay Workshop

The ability to walk on two legs is an evolutionary "giant leap" that distinguishes human beings from every other vertebrate life form on the planet. Just what does it take to make this dramatic shift from a horizontal posture to a vertical one?

The *Core Power Workshop* will use a combination of the Zahourek system of three-dimensional Anatomy in Clay and active exercise to explore the muscles of core stability.

For the beginner as well as the pro, this is a fun, effective and accurate way to learn anatomy from the inside out. Participants will experience muscles taking shape beneath their fingertips as they build them in clay on their own model of the human skeleton, then experience the action of each through various exercises, stretching and poses.

This course is excellent for health care professionals, Pilates and Yoga teachers, personal trainers, massage therapists, artists, and anyone with an interest in gaining an intuitive understanding of the pivotal role Core Power plays in upright posture, movement & health.

Mark Your Calendar & Register Today!

February 23-25, 2007

Friday 2:30 pm – 7:00 pm
Saturday 12:00 pm – 7:00 pm
Sunday 10:00 am – 5:00 pm

Centerworks® Pilates Studio 316-265-9700
210 N. Washington, Wichita, KS 67201

About the Presenter:

Michelle Howard is an Associate Faculty member at the distinguished Boulder College of Massage Therapy in Boulder, Colorado, where she teaches kinesthetic anatomy in both the basic and advanced studies programs, using the Zahourek System.

Michelle's first serious study of human anatomy began as a fine arts student at the University of Northern Colorado. Eventually, this led her to a career in the healing arts.

Yes, register me for the *Core Power: Anatomy in Clay* 3-day Workshop held Feb. 23 - 25, 2007

Name _____ Company _____

Address _____

City _____ State _____ Zip _____

Day Phone: _____ Cell: _____

Email: _____

The *Core Power: Anatomy in Clay Workshop* Fee is \$650 and includes:

- The 3-day workshop
- Ownership of your Workshop Maniken® (Model ZSA-MA-6100)
- Basic tool set
- Clay
- Lab fee & supplies

Payment Options: 3-Day Workshop Fee is \$650.

A \$250 non-refundable deposit will hold your space. * Balance is due by February 1, 2007.

- Check/Money Order payable to Centerworks Pilates Deposit of \$250 * or Full Payment \$650
 Please Charge my Credit Card Deposit of \$250 * or Full Payment \$650
Credit Card Type: VISA MasterCard AMEX

CC Number _____ Expires (____/____)

Signature: _____ CVS(____)

Register online at: www.CenterworksPilates.com/corepower.html or
Mail or FAX your completed registration form TODAY!



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