

Awesome Workshops!™

With Aliesa George & Centerworks® Pilates

Fantastic Feet!

Exercises to Strengthen the Ankles, Arches, and Toes

When: **Saturday, Feb. 27th**

Time: 1:00–4:00 pm

Where: Centerworks® Studio,
(29th & Maize Rd. Wichita, KS)



No Pilates Experience Required... Don't miss this workshop!

During This Awesome Workshop You Will Discover:

- **Why it's important to focus on foot fitness!**
- Lots of **easy exercises** to help you improve strength, and flexibility!
- How this **simple foot-care system** can help reduce foot pain!
- Enjoy **healthy and happy feet!** *And the rest of your body will feel better too!*

Your workshop includes:

- Workshop **handouts**
- The book ***Fantastic Feet!*** by Aliesa George,
- A Centerworks **Foot Fitness Kit**
- A pair of **Yamuna Foot savers plus a DVD.**
- **ALL of this Great Stuff** (product value: \$78)
- **PLUS a 3-hour workshop!**



About the Presenter:



Aliesa George is committed to helping clients and Pilates teachers develop their belief in unlimited potential and positive change. Founder of Centerworks® Pilates Institute, she has been

sharing her experience and expertise for over 25 years, as a wellness expert, Pilates teacher, presenter, and author. Aliesa is available for private/group training and offers workshops in Pilates, movement education, and mind-body health. To learn more visit Aliesa at:

www.Centerworks.com

Register Today!

Registration Deadline – 2/25/2010

Fantastic Feet! Workshop Fee \$150

To Reserve Your Spot Contact:

Tonya Brownleewe

(316) 519-2505 / tonyab@ksu.edu

Workshop Location:

Centerworks® Studio (29th & Maize Rd.)

2637 N. Shefford, Wichita, KS 67205

Register Online at:

www.Centerworks.com