



Stress-Free Shoulders

Intro to Shoulder Mechanics for Healthy Movement Habits

Saturday, Feb. 1, 2014 | 9:00 – 11:00am

Discover Easy Exercises You Can Add to Your Workout Program to Develop Healthy Movement Habits, Reduce Neck and Shoulder Tension, and Enjoy, Healthy, Pain-Free Shoulders!

No Experience Required...

Includes: 2-hours of hands-on learning and practice, PLUS a Stress-Free Shoulder Exercise Handout and Exercise Guide.

Shoulder Mechanics

Simple Strength & Conditioning Exercises for Strong Healthy Shoulders

Saturday, Feb. 1, 2014 | Noon - 2:00pm

Develop Strong, Fit, and Flexible Arms & Shoulders

Explore Simple Strength and Conditioning Strategies, You Can Use with Your Pilates and Fitness Programs To Help Keep Your Shoulders Strong & Healthy!



Includes: 2-hours of hands-on learning and practice, PLUS a Shoulder Mechanics Handout and Exercise Guide.

**Pre-Requisite: Stress-Free Shoulders*

About the Presenter:

Aliesa George is the founder of Centerworks®. She is a healthy movement habits expert, author, teacher-trainer, mentor, and workshop presenter, focused on Pilates, foot fitness, and functional movement. Aliesa is a PMA-Certified Pilates Teacher, a Level 1 Rossiter Coach, and holds a BFA in Modern Dance. She has been teaching and sharing her passion for movement and health for almost 40 years! Aliesa loves problem solving to develop safe, effective, and creative wellness programs while staying true to “working the Pilates system” to help keep clients safe and focused, while striving to improve form, function, and fitness, reduce pain, recover from injury, enhance whole-body health, and ultimately achieve wellness success. To learn more please visit www.Centerworks.com

These Centerworks® Awesome Workshops are hosted by:

Pilates 
PERFORMANCE & REHAB
Proven Method... Profound Results!
www.pilatesperformanceandrehab.com

Attend these fun, information-packed Workshops and Discover New Ways To:

- ✓ Improve Fitness & Reduce Pain
- ✓ Increase Strength & Flexibility
- ✓ Enhance Your Whole-Body Health

All workshops are appropriate for: Pilates Students & Pilates Teachers! (CEC's thru petition)

**Space is Limited. Sign Up NOW...
Don't Miss These Awesome Workshops!**

Registration Info:

Register Early To Save Your Spot!

Early-Bird BONUS

Register by Jan. 1st

Best Investment – BOTH Workshops

Reg. ~~\$118~~, ONLY \$97

Or Individual Workshops

Stress-Free Shoulders Reg. ~~\$59~~, ONLY \$55

Shoulder Mechanics Reg. ~~\$59~~, ONLY \$55

Pre-Registration Jan 2-31st, \$59 per course.

Registration at the Door \$65 per course.

Need More Info? Contact: Aliesa

aliesa@Centerworks.com

Or call (316) 734-5360

Workshops will be held at:

Pilates Performance & Rehab.

(Barrington Village)

5638 SW 29th, Suite A, Topeka, KS

(785) 267-5896

Register Online NOW at:

www.Centerworks.com