

# Awesome Workshops!™



with Aliesa George & Centerworks®



## Fantastic Feet!

*Exercises to Strengthen the Ankles, Arches, and Toes*

**Saturday, March 29, 2014**  
9:00am – Noon

*Discover the benefits of better foot care! Helpful easy-to-learn exercise solutions for flat feet, high arches, bunions, hammer-toes, foot cramps, and more... Use these simple Fantastic Feet strategies to improve alignment, posture, balance, and body control. Help keep your feet healthy and pain-free.*

*No Experience Required...*

Includes: 3-hours of lecture/demo, foot fitness fine-tuning and exercise practice for confidence in developing your at-home foot-care program, PLUS a copy of the book Fantastic Feet, and a mini Foot-Fitness Kit. (product value \$40)

## Pilates-Walk™ Basics

*Tips, Techniques, and Exercises for a Healthy Stride*

**Saturday, March 29th**  
1 - 3:00pm

**Look Good, Feel GREAT, and Maximize the Health Benefits of Your Walking Workouts!**

Includes:

2-hours of Pilates-Walk gait training, body assessment & Healthy Movement Habit exercises, and Pilates-Walk practice. PLUS a copy of the book *Pilates-Walk™ – Walking for Wellness*. (book value \$20)



*\*No Experience Required...*

### 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. Author of Fantastic Feet, and creator of the Pilates-Walk™ System, Aliesa 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 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](http://www.Centerworks.com)

These Centerworks® Awesome Workshops are hosted by:

**Pilates**   
**PERFORMANCE & REHAB**  
*Proven Method... Profound Results!*  
[www.pilatesperformanceandrehab.com](http://www.pilatesperformanceandrehab.com)

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

- ✓ Fine-Tune Your Fitness
- ✓ 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 Feb. 28<sup>th</sup> and SAVE!**

**Best Investment – BOTH Workshops**  
**Reg. \$188, ONLY \$159**

**Or Individual Workshops**  
**Fantastic Feet! Reg. \$109, ONLY \$95**  
**Pilates-Walk™ Reg. \$79, ONLY \$69**

**Pre-Registration March 1-28<sup>th</sup>**  
**Fantastic Feet! \$109 | Pilates-Walk™ \$79**

**Registration at the Door:**  
**Fantastic Feet! \$115 | Pilates-Walk™ \$85**

**Need More Info? Contact: Aliesa**  
**[aliesa@Centerworks.com](mailto:aliesa@Centerworks.com)**  
**Or call (316) 734-5360**

**Workshops will be held at:**  
**Pilates Performance & Rehab.**  
*(Barrington Village)*  
5638 SW 29<sup>th</sup>, Suite A, Topeka, KS  
(785) 267-5896

**Register Online NOW at:**  
**[www.Centerworks.com](http://www.Centerworks.com)**