

# CENTERWORKS® AWESOME WORKSHOPS

## ***STRESS-FREE SHOULDERS***

Stress Reducing Solutions for Neck and Shoulder Tension



Are you tired of living with your shoulders up around your ears? Do you occasionally suffer from tension headaches or neck and shoulder pain? Gain insights and understanding to improve posture and **relax & release shoulder tension and stress**, while improving healthy arm and shoulder movement.

**When** Saturday, March 30th 10:00am-1:00pm

### Workshop Fees

- 3-hour Stress-Free Shoulders Workshop **\$135**
- Refresher Course—Repeat Workshop **\$97**

**Where** BODHI  BODY

**A Centerworks® Pilates Studio**  
520 S. Holland, Suite #203, Wichita, KS 67209

Questions? Contact Aliesa at (316) 530-3753  
or message us on Facebook at Bodhi Body Pilates

**PRESENTED BY** • **Aliesa George** • PMA-CPT

ACE-Certified Personal Trainer • Level 4 Rossiter® Coach • Mind-Body Mentor  
BFA-Dance • 40 + years teaching, training, & coaching • Specializing in Pilates,  
Foot-Fitness, and Functional Movement to improve Whole-Body Health.

## Workshop Information

***Stress-Free Shoulders***  
**can help you:**

- Improve posture and body alignment.
- Reduce or eliminate nagging **upper-body tension & stress**.
- Develop healthy movement habits.
- Alleviate pain and improve range of motion to **enjoy a healthy & active life**.

*No Pilates Experience Needed.*

**SPACE IS LIMITED!**  
**Pre-Registration**  
**is Required.**

*Payment of fees will reserve your spot for class. NO REFUNDS. Cancellations up to 3 days before the scheduled event can apply the full credit to a future class or private training session with Aliesa, or a Centerworks® product purchase.*

**Reserve Your Spot TODAY!**

### **TO REGISTER**

**Call Aliesa George**  
**(316) 530-3753**  
**Or Aliesa@Centerworks.com**