

Pilates on Tour[®] is coming to London

Learn, share and grow with us!

3-5 September 2010, Hilton London Metropole Hotel

Join us in September for our first Pilates on Tour in London!

Whether you want to improve your teaching skills, create great group programming, learn new exercises or grow your business, Pilates on Tour will inspire you to mastery.

We will share advances in the field, great choreography, and our exciting new CoreAlign™.

Small classes, excellent instructors and plenty of equipment help you absorb what you learn.

Renowned instructor and former pupil of Joseph Pilates, Mary Bowen, will join us along with some of the best instructors in the world:

- » Carolyne Anthony
- » Sherri Betz, PT
- » Mary Bowen
- » James Earls
- » Alan Herdman
- » Elizabeth Larkam, MS Ed
- » Julian Littleford
- » Lotte Paarup, PT
- » Suzanne Scott
- » Nora St. John, MS
- » Valentin
- » Glenn Withers, PT

See detailed course descriptions at www.pilatesontour.com.

Your main conference registration includes:

- » Breakfast and lunch
- » Free Pilates on Tour mat
- » Best discount on equipment used at conferences
- » Highest ratio of equipment to participants

Learn more, register online, or see what equipment we'll have for sale, all at www.pilatesontour.com.

Pilates on Tour[®] *Continuing Education for Pilates Professionals*

00 800 7220 0008 freephone or
+1 916 388-2838
www.pilatesontour.com



BALANCED BODY[®] INC.

+1-916-388-2838 | www.pilates.com | info@pilates.com