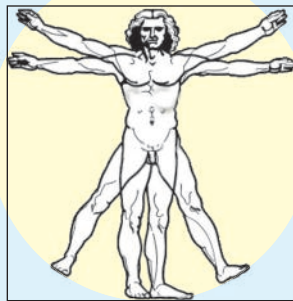


FELDENKRAIS® *your* Pilates



Take your Pilates to a new level *and/or* connect to & strengthen your core!

A 2-week series at Pilates Plus

Saturday, January 14 & 21
2-3:30 p.m.

Cost:
\$20 for a single class
\$36 pre-payment for 2 week series

Presented by

Cheryl Ilov is a physical therapist, Pilates instructor, Feldenkrais practitioner, dancer and martial artist with a private practice in the Denver metro area. She is assisted by Joan Pacos Jordan, a massage therapist at Pilates Plus who is in her second year of training in the Feldenkrais Method.

- Get **stronger faster** and work more efficiently
- Improve **balance** and **stability** in standing, walking, changing positions and moving with confidence on the reformer
- **Connect** with the inner workings of your **authentic movement** to get more benefit from both mat and reformer classes
- Learn the **power** of integrating your **skeleton** with your Pilates exercises

**New
Workshop!**

Focus on Balance

No prior experience
with Pilates or Feldenkrais
necessary.

Attend 1 *or* 2 days

To register, or for more information,
contact the Pilates Plus Studio:
303.989.4100

Pilates Plus is located near Kipling and
Morrison Road in Lakewood, CO
www.pilatespluslakewood.com

"...making the impossible possible,
the possible easy, and the easy
elegant..." –Moshe Feldenkrais