

Pitaiyo Instructor

Training \$229

Pitaiyo Instructor Training Level One - \$229

This educational one and a half day course provides the tools to create dynamic, engaging Pitaiyo classes with the knowledge and confidence to empower others. Become a Passionately Positive Pitaiyo Instructor. Learn the most popular mind body exercise class influenced by Pilates, Tai Chi and Yoga. Cost includes training and:

- **Instructor Manual**
- **Laminated Class Routine**
- **Aromatherapy Spray**
- **First Year of Licensing**
- **Pitaiyo Shirt**

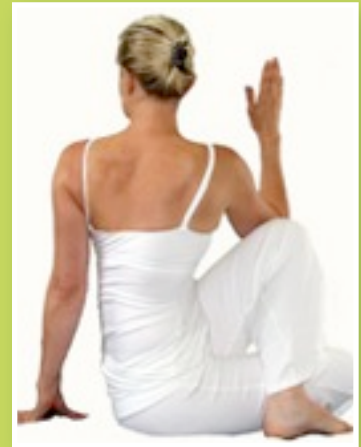
When: June 26 and 27, 2010

Where: Ft. Lauderdale, Florida

Time: Saturday 8a-5p, Sunday 9a-4p

Alex 804 833 8303

PITAIYO.COM



Pitaiyo Training
804 833-8303

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Pitaiyo Instructor

Level One Training Course

Pitaiyo Instructor Training Level One - \$229

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Education includes correct posture alignment and how to detect prop needs, anatomy of movement, pose dissection for excellent form, over 100 yoga poses, pilates principles and sequencing, and understanding of gi gong and tai chi movement. Cost includes training and:

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Other: A primary group exercise certification is required within nine months of Pитайo training.

To Register: Call Alex at the number below to receive a registration form or visit www.pитайo.com.

804 833-8303

PITAIYO.COM

