



PITAIYO™
PITAIYO.COM

Level One Workshop

January 28 and 29, 2012

Pitaiyo Level One Instructor Workshop

This educational two 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.

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 qi gong and tai chi movement.

What: Pitaiyo Level One Workshop

When: January 28 and 29, 2012

Where: American Family Fitness Fredericksburg

Time: Sat 8a - 5p, Sun 9a - 4p

Cost: \$299, includes manual

Other: To register visit www.pitaiyo.com/events

This workshop prepares you to teach Intro, Beginner and Signature Pitaiyo classes. For more questions contact Susie at pitaiyopower@verizon.net or Alex at alex@pitaiyo.com.



Pitaiyo has an Instructor annual licensing fee of \$129.