



Teacher Scoliosis Workshop



Agile Monkey Pilates Studio 121 Walnut Ave, Santa Cruz CA 95060

January 12th Sunday 12:30-4:30

*Presented by Karen Christiansen, Senior Certified Pilates Instructor and
Jennifer Eisele, Advanced Rolfer*

What you will learn

- What is Scoliosis
- Functional Assessment tests
- Wedging technique to de-rotate and elongate curves
- Breathing exercises
- Exercises with printed manual with photos and explanations

Cost: Maximum of 12 students...register early

\$75 (early registration before 12/22)

Agile Monkey teachers and student teachers

\$90 (after 12/22) or non-Agile Monkey teachers

Questions, registration KAREN@BEPRESENTPILATES.COM (831)212-4308