



# PILATES WORKSHOPS WITH DIANNE MILLER

## at Centerworks Pilates - February 2-5, 2006

### Review: Fundamental Concepts for the Trap Table Thursday, February 2, 2006 1pm-5pm (4 hours)

This preparatory workshop will include:

- > Concepts & terminology review for functional body alignment
- >Pelvic Floor
- >Flexion & Extension of the spine in movement & stabilization
- >Active & Passive rotation of the spine
- >Femoral head placement in the hip socket
- >Basic shoulder mechanics as it relates to the Pilates repertoire.

**Prerequisites:** Experienced students & teachers, who have knowledge of the Pilates System including Matwork & Reformer, and are confident with the exercises at a strong intermediate level. Additional knowledge of the Trapeze Table/Cadillac work is helpful but not required. *If you have not worked with Dianne Miller previously, this workshop is required for enrollment in the 3-day Trapeze Table workshop.*

### 3 day -Trapeze Table/Cadillac Workshop (Total 16 hours)

Friday, February 3, 2006 2pm - 6pm (4 hours)

Saturday, Feb. 4 11:30am - 6pm (6 hours - 30min break)

Sunday, Feb. 5 10am-5pm (6 hours w/ 1 hour lunch)

This workshop will cover the repertoire for the Trapeze Table as found on the PMA Certification Examination. Focus will be placed on the exercises from the perspectives of functional movement, optimal structural alignment, and the primary intent of each exercise. The Trapeze Table exercises will be related to each other, and also to the larger Pilates repertoire.

**Prerequisites:** Fundamental Concepts, and/or prior attendance in Dianne Miller's Module workshops.

### Register Now!

#### Early Bird Registration (before Jan. 7th)

Full weekend	\$600
Fundamental Review only	\$150
3-Day Workshop only	\$500

#### Registration Fees: (on or after Jan. 8th)

Full weekend	\$750
Fundamental Review only	\$200
3-Day Workshop only	\$550

**For your convenience, you can enroll by phone, on the web, or mail:**

Payment of fees will reserve your space.

#### Centerworks® Pilates Institute

210 N. Washington / P.O. Box 3526  
Wichita, KS 67201-3526

**(316) 265-9700 or 877-874-7578**

<http://www.CenterworksPilates.com>

### DIANNE MILLER

Dianne Miller trained with Ron Fletcher, and introduced Pilates to Canada. She has an extensive background in dance and dance medicine, and was on the dance faculty of Simon Fraser University (Vancouver, Canada) for 10 years. Ms. Miller specializes in structural alignment, and in rehabilitation for the brain injured. She is a Senior Qualified Teacher of the Ron Fletcher Work™. The Pilates Education and Teacher Certification programs were created by Ms. Miller to provide a comprehensive and cohesive approach to teacher training. Her unique curriculum emphasizes the relationship of the Pilates Method to the structural integrity of the body in movement. Exercises and concepts are approached from the perspective of the health and mobility of the spine, relating these to core strength and range of motion with the limbs. The program emphasizes teaching the person, not simply the exercises.

To register, return this form with payment to: Centerworks® Pilates, 210 N. Washington, P.O. Box 3526, Wichita, KS 67201-3526

Name \_\_\_\_\_  
 Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone No. (H) \_\_\_\_\_ (W) \_\_\_\_\_ (C) \_\_\_\_\_  
 Email \_\_\_\_\_

#### Please sign me up for

#### the Dianne Miller Workshops!

- Both Workshops
- Review: Fundamental Concepts only
- Trapeze Table Workshop only

My Check is enclosed for \_\_\_\_\_ CK # \_\_\_\_\_

Charge my Visa/Mastercard Exp. Date \_\_\_/\_\_\_  
\_\_\_\_\_

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Signature \_\_\_\_\_