



# PILATES WORKSHOPS WITH DIANNE MILLER

## at Centerworks Pilates - May 18-21, 2006

### **PMA Certificate Exam Study & Review: (3 hours)** **Thursday, May 18, 2006 6:30-9:30pm**

This review course will help lay the groundwork for study to pass the PMA Certified Pilates Teacher exam and will include:

- >Concepts & terminology review for functional body alignment
- >Anatomy & Planes of movement
- >Posture
- >Special Considerations
- >Scope of Practice
- >History

**Prerequisites:** Experienced Pilates teachers and apprentice/interns who are ready to prepare for, and pass the PMA Certified Pilates Teacher exam.

### **3 day Pilates Auxilliary Equipment Workshop (16 hrs)** **Friday, May 19, 2006 2pm - 6pm (4 hours)**

**Saturday, May 20 11:30am - 6pm (6 hours - 30min break)**

**Sunday, May 21 10am-5pm (6 hours w/ 1 hour lunch)**

This workshop will cover the full Pilates repertoire as it is defined for the newly developed Pilates Method Alliance Pilates Certification Exam including:

- The Spine Corrector, Ladder Barrel, plus auxiliary equipment:
- Bean Bag, Finger Corrector, Toe Corrector, Foot Corrector, Pin wheel, Ped-0-Pull, Magic Circle, and Head Harness.

**Prerequisites:** Prior attendance in Dianne Miller's workshops. (Please contact Centerworks, if you would like to attend and are unsure if you meet the pre-requisite requirements)

### **Register Now!**

#### **Early Bird Registration (before April 15th)**

Full weekend	\$550
PMA Concept Review only	\$100
3-Day Workshop only	\$500

#### **Registration Fees: (on or after April 16th)**

Full weekend	\$700
PMA Concept Review only	\$150
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
- PMA Exam Review only
- Auxilliary Equip. Workshop only

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

<http://www.CenterworksPilates.com>

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

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