

eastcoast

PILATES AND YOGA

**PROUDLY PRESENTS
A WEEKEND INTENSIVE**

THE PILATES SYSTEM

A Continuing Education Event For Pilates Professionals

WITH MASTER TEACHER

SIRI DHARMA GALLIANO



MAY 4 - 6, 2012

FRIDAY: 5-8 PM, SATURDAY & SUNDAY: 9:30 AM-12:30 PM / 2:00-5:00 PM

**ADVANCED REGISTRATION IS REQUIRED
SPACE IS LIMITED — REGISTER EARLY AND SAVE!**

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PILATES AND YOGA

SIRI DHARMA GALLIANO
MAY 4 – 6, 2012



Siri Dharma Galliano is one of the leading Pilates teachers in the U.S. and Europe, via her Live Art Pilates Studio in West Los Angeles. A renowned "New York Pilates" instructor with over 25 years of experience, and a **protégé of Romana Kryzanowska**, Siri has trained actors on location in feature films such as "The Matrix 2&3", and the "Kill Bill" films.

In addition, Ms. Galliano has traveled the world helping to sculpt the bodies of celebrity clients such as Madonna, Sting, Uma Thurman, Carrie- Anne Moss, and Jessica Lange. She has produced the acclaimed Big Bear and Los Angeles Pilates Intensives, published 10 stories for Pilates Style Magazine, sold over \$2 million in Pilates equipment and presented at Pilates Conferences in Moscow, Spain, England, California, Dallas and Florida.

OUR WEEKEND ITINERARY

FRIDAY, MAY 4TH

FRIDAY EVENING IS OPEN TO EVERYONE

(5:00—6:00 PM) - Pilates Mat Class with Siri

Begin your weekend with a Mat Class... All levels and styles are Welcome... Experience Pilates with one of the Best!

(6:00—6:30 PM) - Cocktail Reception

Join us for an informal cocktail reception to Welcome Siri Dharma Galliano...and to meet your fellow teachers. Wine & Cheese, Light Snacks & Refreshments will be served.

(6:30—8:00 PM) - History & The Business Of Pilates Today

Siri will speak about the History of Pilates and her own personal journey teaching as well as training with Romana Kryzanowska. She will also discuss The Business of Pilates Today, and the ongoing changes within our industry... both positive and negative, of course. Bring all of your Questions!

SATURDAY & SUNDAY, MAY 5 & 6TH

The Pilates System - A (12) Hour Intensive

SATURDAY AND SUNDAY IS OPEN TO PILATES PROFESSIONALS

(9:30 AM—12:30 PM - Lunch Break - 2:00—5:00 PM)

What is The Pilates System? How can you use this entire system to increase your knowledge as a teacher and practitioner? Given 500 choices within the system, which 50 should you use? What are YOUR unanswered questions? Attend this (12) hour intensive and learn how to cue, how to spot, how to progress a body, how to work with special populations, how to make the equipment last, what the differences are between each manufacturers equipment designs, safety concerns, what is the box and how to think outside of it, and most importantly, how to take your teaching to another level!

We will have available over (12) different pieces of Pilates Apparatus; including the Reformer, Cadillac, Chairs, Ladder Barrel, Hump or Small Barrels, Pedi-pole, Neck Stretcher, Breath-a-Sizer, Bean Bag Wrist Roller, Spine Corrector, Toe Stretcher/Corrector, Foot Corrector, Magic Circle and Push-Up Handles... from a variety of equipment manufacturers; including Gratz Pilates, Pilates Designs by Basil, Peak Pilates, Balanced Body and Stott Pilates.

This Intensive will be divided into two (3) hour segments each day. A breakdown of these segments can be found on the attached registration form. This is a great opportunity for all teaching styles and disciplines!

FOR ADDITIONAL INFORMATION, PLEASE CONTACT CAROL AT INFO@EASTCOASTPILATES.COM

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PILATES AND YOGA

SIRI DHARMA GALLIANO MAY 4-6, 2012

REGISTRATION FORM

Kindly complete the registration form and mail with payment to East Coast Pilates & Yoga Center, Address shown below. **(Please make checks payable to: East Coast Pilates & Yoga Center)**

PARTICIPANT INFORMATION

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Mobile Phone: _____

E-mail: _____ Teaching Since: _____

Pilates Certification/Program: _____

REGISTRATION FEES & POLICIES

Register Early... Before March 15th and Save!

Full Weekend Package (15 Hrs) Fri, Sat & Sun: \$500.00 (Save \$100.00)

Two Day Intensive (12 Hrs) Sat & Sun: \$450.00 (Save \$50.00)

Please Select:

\$25.00	Friday, May 4	5:00— 6:00 PM	Pilates Mat Class with Siri
\$75.00	Friday, May 4	6:00— 6:30 PM 6:30— 8:00 PM	Informal Cocktail Reception Lecture: History & The Business of Pilates Today Followed by Q&A
\$250.00	Saturday, May 5	9:30 AM—12:30 PM (Lunch) 2:00—5:00 PM	The Reformer Chairs, Barrels & Smaller Apparatus
\$250.00	Sunday, May 6	9:30 AM—12:30 PM (Lunch) 2:00—5:00 PM	The Cadillac Special Needs in The System
		Total Payment	\$

Payment / Refund / Cancellation Policy:

Advance Registration with Full Payment is Required - (Check, Cash or Money Orders Accepted)

Early Registration with Discounted Fees are Due on or before March 15, 2012

No refunds after April 15, 2012. A \$100.00 processing fee will be charged for any cancellations before April 15, 2012.

EAST COAST PILATES & YOGA CENTER
P.O. Box 166 • SPRING LAKE, NEW JERSEY • 07762 USA
TELEPHONE: 732-775-5006 • E-MAIL: INFO@EASTCOASTPILATES.COM

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TRANSPORTATION & HOTEL INFORMATION

East Coast Pilates & Yoga Center is located at the "Jersey Shore" in Avon-by-the-Sea, Monmouth County, New Jersey. We are ~45-50 minute drive from **Newark International Airport, Newark, NJ...** and a 1 hour drive from the **New York City** area. New Jersey Transit via the North Jersey Coast Line is available at the Newark International Airport and at Penn Station in New York City. The closest Train Station to our location is in Belmar, NJ, 07719. This station is walking distance, only a few short blocks from our studio.

The link for NJ Transit is: <http://www.njtransit.com>

Early May is pre-season at the Jersey Shore, so many of the local B & B's are offering lower rates. If you would like accommodations within walking distance to our studio and close to the Beach, Boardwalk, Restaurants and Bars, we can offer you the following options:

Cashelmara Inn, Victorian B&B in Avon-By-The-Sea, NJ - Ocean Views, across the street from the beach / boardwalk. Rates start at \$133.00 per night & up.

Website: <http://www.cashelmara.com>

Avon Manner, B&B in Avon-By-The Sea, NJ—

Website: <http://www.avonmanor.com>

Belmar Motor Lodge, Belmar, NJ - A Cheap motel, extremely basic, across the tracks from the Belmar Train Station & Marina. Rates start at \$80.00 per night.

Website: <http://www.belmarmotorlodge.com>

There are many other B & B's (over 30) within a few miles of our studio, located in the Shore towns of Spring Lake, Sea Girt, Manasquan, and Ocean Grove.

The Chateau Inn & Suites, Spring Lake, NJ—

Website: <http://www.chateauinn.com>

The Majestic Hotel, Victorian Inn, Ocean Grove, NJ—

Website: <http://www.majesticoceangrove.com>