



**FEATURED
WORKSHOP!**

Fox River Pilates
proudly presents

PLANETIZE YOUR MOVEMENT

A workshop in cultivating heart and extending out



MASTER TEACHER:
Kim Haroche, Boulder, CO

CONTINUING EDUCATION:
12 CEC's, PMA Approved

Kim Haroche



*This workshop was
accepted by TPC
for masters CEC.*

WORKSHOP TIME & DATES:

April 24th and 25th.

Saturday 11:00am - 6:30pm

Sunday from 9:00am - 4:30pm

(1.5 hr. break for lunch both days)

NOTE:

This workshop is designed to be a journey over two days.

EVENT COST:

\$350.00 for both days

if registered by April 1st.

\$400.00 for both days AFTER April 1st.

LOCATION:

Fox River Pilates Center,
1 W. State St., Ste 107, Geneva, IL

A portion of the profits from this workshop will be donated to The Ocean Preservation Society (OPS), whose film, "The Cove", is nominated for this year's Oscar.



Kim will be teaching Private's and Group Classes Thursday, Friday, and Monday morning. Space is very limited. Call ASAP if interested.

We are now in the time of THE GREAT TURNING

Through diads, group process work, exploring Pilates from the heart and viewing film clips on the planetary crisis, this workshop will give us the opportunity to expand our heart and consciousness so that we may use the transformative, fruitional aspects of Pilates to move out of the studio and into the world to contribute to this crucial time on the planet.

Recognizing our current global situation, we will call upon various wisdom traditions and disciplines to explore gateways to a deeper relationship with ourselves, our clients, and the relational field so that we as a Pilates community can actively create a more environmentally sustainable, spiritually fulfilling, socially just presence on this planet. (Please note this workshop will not focus on the technical, mechanical aspects of practicing and teaching Pilates.)



630.262.8610 • foxriverpilates.com

Photography courtesy of TPC of Boulder