



6 week - Pilates for Beginners course

When: Thursday - January 5th through February 9th, 2012

Where: Blue Banyan Yoga, 7153 Sprague Street, Mount Airy, Philadelphia

Time: 7pm

Cost: \$90

To register contact Christina Fanizzi - 267.974.6217 or Christina@pilatesalchemy.com



Christina has been teaching Pilates for over 13 years. Throughout her journey as a teacher she is continually amazed and inspired by the work that Pilates can accomplish for everyone. She began her training with Fran Lehen in NYC and is certified through The Kane School of Core Integration and the PMA. Recently she completed the Masters Program at The Pilates Center in Boulder, Colorado. In addition, she has had the good fortune of teaching Pilates in London, England and Orvieto, Italy.

She believes in the true intention of Joseph Pilates' vision and the powerful results that follow when practiced weekly. This course will be focusing on the basic principles and exercises of the Pilates mat work.

For more information, please visit www.pilatesalchemy.com