

Exclusive Workshop

Featuring

MARY BOWEN

*Pilates Professional and
Jungian Psychologist*



WORKSHOP CONTENT

FRIDAY, MAY 18, 2012, 6 pm - 9 pm

AN EVENING WITH MARY BOWEN AND THE HISTORY OF PILATES

- History of Pilates, Joe and Clara, and Mary's history and experiences with Pilates
- Mary's vision of the Future of Pilates
- How her practice as a Jungian psychoanalyst helps her work with the conscious and unconscious aspects of the whole person

SATURDAY, MAY 19, 9 am - 4:30 pm

LIFELONG PILATES AND THE BODY

A workshop on the historical evolution of Pilates from Joe and Clara and other notable practitioners to Mary's own creative developments keynoting:

- More spine / Less Mind
- More Release / Less Effort
- More Yawning, celebrating and exploring the most natural teacher of breathing
- More Partnership with the Body / Less Contrology

SUNDAY, MAY 20, 9 am - 4:30 pm

PILATES PLUS PSYCHE

- Principles of Jungian Typology,
- Structure of the psyche at birth, discovering your type and your client's type
- Usefulness of type in working with clients and interacting with others in your life

PRIVATE SESSIONS WITH MARY AVAILABLE THURS, MAY 17 & FRI, MAY 18

Inquire about price and scheduling of private sessions.

 *The Pilates Connection*

8767 East Broadway in Tucson

Call (520) 207-6121 or email pilatesconnection@cox.net

