

# Exclusive Workshop

Featuring

## MARY BOWEN

*Pilates Professional and Jungian Psychologist*



*Mary Bowen is one of the few remaining Pilates teachers who studied and trained with Pilates founder, Joseph Pilates, and his wife Clara. This is a unique opportunity to meet a pioneer and an icon of the Pilates world. She is also a trained psychologist and will be presenting a segment on the principles of Jungian Psychology and its application in daily life and in the teaching of Pilates. Learn more at [www.pilates-marybowen.com](http://www.pilates-marybowen.com).*

### WORKSHOP SCHEDULE

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

Inquire about price and scheduling of private sessions.

FRIDAY, MAY 18, 2012	6pm-9pm	AN EVENING WITH MARY BOWEN AND THE HISTORY OF PILATES (Light Supper)
SATURDAY, MAY 19	9am-4:30pm	LIFELONG PILATES AND THE BODY
SUNDAY, MAY 20	9am-4:30pm	PILATES PLUS PSYCHE

Cost for the entire program is \$600. Early booking price \$510.\*

Friday night program only - \$65, early booking price \$55. (3 CECs)

Saturday program only - \$300, early booking price \$250. (6 CECs)

Sunday program only - \$300, early booking price \$250. (6 CECs)

*\* Book and pay in full by April 20, 2012 to get the early booking discount.*

*Hosted By*



**8767 East Broadway in Tucson**

Reserve your seat now!

Call (520) 207-6121 or email [pilatesconnection@cox.net](mailto:pilatesconnection@cox.net)