

In harmony with the rhythm of nature

I invite you to join five Seasonal Pilates workshop days in Valkeakoski close to Tampere! Seasonal Pilates is teaching Pilates principles in harmony with the seasonal changes of the year. A variety of movements will expand your teaching as well. These workshop days are aimed for those of you that have already completed a Pilates Training and have some experience in teaching it.

Tutor

Tina Hedrén from Sweden will present the workshops. Tina comes from a long background of gymnastics, dance and fitness. She presents workshops in the field of Bodymind worldwide. Tina also teaches the Feldenkrais Method and Yoga. She created the Seasonal Pilates program with her colleague Sandie Keane.

Workshop Days

Start at 09.00 until 17.00. You can buy a vegetarian lunch for 10 Euros at the training venue. Our venue is the old school in Metsäkansa in Valkeakoski. You also find a bed & breakfast within walking distance of the venue at Ilola <http://personal.inet.fi/yritys/ilolan.maatilamatkailu/>

During the workshop days you will receive an extensive manual and also five seasonal Pilates programs on DVD. Each module costs 175 Euro. If you wish to join all five we offer the full package for 775 Euros!

Join the workshops

I'm happy to give you more information and details. Please, let me hear from you before the end of February! Contact me at tapio_debra@kotiposti.net or by phone +358 40 720 74 24. **Seasonal Regards & A Warm Welcome!**

Debra Tapio

Dates & Themes 2013

MARCH 9TH SPRING is the time of year when everything is awakening and our seasonal flow focuses on a spring cleaning of the body, removing debris that has been stored during the winter months. The stretches and rotations are designed to blow away the cobwebs bringing lightness and freshness into the mind and body.

MARCH 10TH A more energetic flow represents the Fire energy of the **SUMMER** including some challenging movements requiring co-ordination, strength and stamina. The heat generated within the flow provides a fat burning programme. A modified version of the flow is also included so those with back or joint issues can still gain the benefit and not miss out on the summer exercises.

AUGUST 31ST LATE SUMMER is the time of year when we 'home in' on our natural resources. This flow compliments the season, challenging your balance, finding your foundation and bringing you back to your centre. Strengthening the muscles in the upper body to promote correct upper body posture lifting your awareness to achieve an overall body conditioning.

SEPTEMBER 1ST The breath is the focus of the **AUTUMN** flow, where we invite the fresh Autumn air into the lungs to cleanse and nurture the body helping in its release from habitual tension and stress. Connecting with your strength and flexibility, continual encouragement is offered to help plan a structure into your daily practice. Achieving mental alertness gives you a positive outlook and with this comes the transformation from challenging to effortless movement.

NOVEMBER 30TH WINTER and its flow concentrates on fluidity, mobility and stability for the ankles and lower limbs. We introduce mobility, strength to the hip joint and postural awareness and flexibility to the spine along with lengthening and relaxation for the shoulders and neck. These movements help to maintain the density of our bones assisting the skeleton in its support and sustaining good alignment. In the winter time we give more time to the pelvic floor exercises.