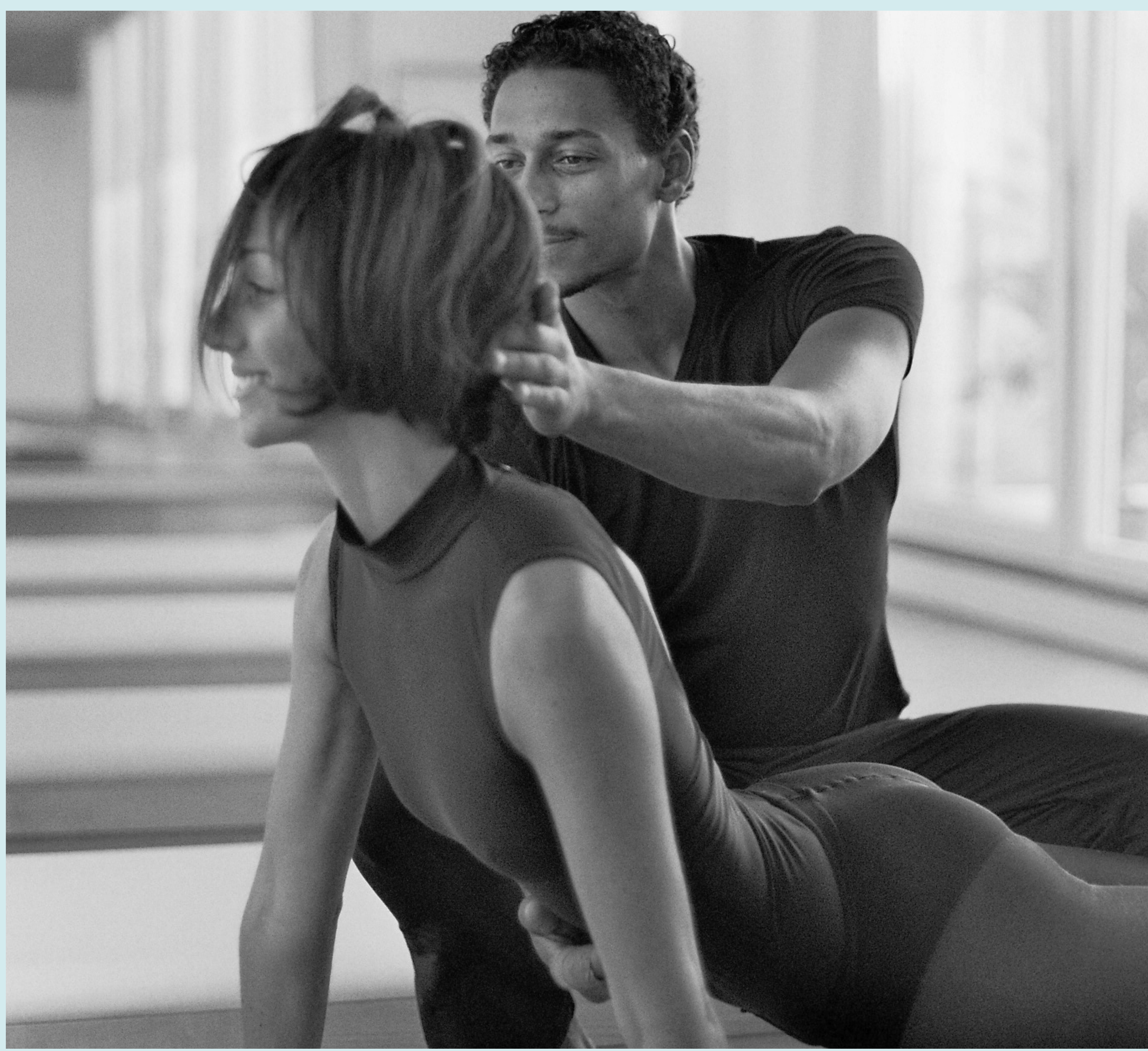




PROGRAMMA

friday 11th

Privates with observation

saturday 12th

- 09.⁰⁰: Warm Up on the Mat
- 10.⁰⁰-13.⁰⁰: Magic Touch
- 13.⁰⁰-14.³⁰: lunch break
- 15.⁰⁰-18.⁰⁰: Swan on the Bridge

sunday 13th

- 09.⁰⁰: Warm Up on the Mat
- 10.⁰⁰-13.⁰⁰: Rhythm Variations on the Mat
- 13.⁰⁰-14.³⁰: lunch break
- 15.⁰⁰-18.⁰⁰: Get Long and Strong on The Cadillac

Magic Touch - "Head to Toe Reformer"

This workshop offers a unique approach in teaching Pilates by focusing on tactile cues. By learning efficient use of hand placement we can maximize our student's understanding within the Pilates System and deepen their workout.

Swan on the Bridge

We will investigate the complexity of teaching proper execution of extension on different levels, apparatus and body types.

The approach may sometimes be difficult, but the benefits are undeniable.

Rhythm Variations on the Mat

This workshop will focus on using rhythm, dynamics and variations to challenge your Pilates practice on the Mat. There is an undeniable excitement and uplifting energy when this is incorporated into the practice. A playful approach to keep your body trim and mind sharp.

Get long and strong on the Cadillac

The Trapeze Table is a wonderful apparatus to teach the importance of lengthening. We will also take a deeper look into all the different possibilities to stretch the entire body out from basic to advanced.

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