



Another great Pilates Community Nederland event coming up!

Organized by Pilates United on february 12, 2017.

Program and presenters

Have you joined us on our first Pilates Community Nederland day, then you know you are in for something good.

We made arrangements with some of the best presenters and asked them to offer you their finest masterclass.

Five variations of Pilates in the USC Science Park in Amsterdam from 10 am – 6 pm

*Suus Wilms – Balanced Body, Lolita's master mentor
Bringing the Chair to the mat using the Pilates Ring
www.bb-pilatesunited.nl

*Ilka Recker~Classical Pilates, Power Pilates
Classical Pilates mat
<http://www.ilkadance.com>

*Matthew Deal~Franklin Method Educator
Pilates mat class with Franklin Method cues
www.studiozuid.nl

*Anna Mora~Gyrokinesis® and Pilates
How to integrate Gyrokinesis® in the Pilates repertoire to work the fascia
www.studioannamora.com

*Angelie Roelofs~Biomechanica and Pilates
Introduction Biomechanica
www.puurlijfzaken.nl

We'll be happy to meet you on February 12th,2017

Suus Wilms and team



*Pilates
Community
Nederland*

**Enclosed please find the program with further information and a registrationform.
Before the event takes place we will give you regular updates per presenter per masterclass.**

Sign up soon as enlising has already started.