

CEC's

Saturday: 6 CEC Credits

Sunday: 6 CEC Credits

Master's Program Approved



May 22nd & 23rd

Cost:

1 day: \$225

Both Days: \$400 Save \$50

May 22nd Only:

10:30am to 11:30am

Advanced Mat Class

Cost: \$20 per person

The Scoop-A Pilates Studio

8136 Big Bend Blvd. Webster Groves, MO
63119

314-968-9629

www.TheScoop-APilatesStudio.com



Amy Taylor Alpers

With The Pilates Center,
Boulder, CO

Amy Taylor Alpers

Amy Taylor Alpers was born in Youngstown, Ohio. She began classical ballet in her childhood, studied dance in college, danced professionally and later taught ballet.

Amy attended The Juilliard School for Dance, danced with the Garden State Ballet in New Jersey, and received a B.A. in Dance and a M.A. in Dance History from New York University. In addition, Amy taught ballet at various dance schools in New York City for ten years.

Both Amy and her sister Rachel studied Pilates under the direct tutelage of Romana Kryzanowska at The Pilates Studio. They received their Pilates teaching certificate in July of 1989. In 1990, after moving to Boulder, Colorado, Amy and Rachel opened The Pilates Center. The sisters established The Pilates Center Teacher Training Program in 1991. Since the mid-nineties, Amy has traveled the world teaching graduate level continuing education workshops.

The sisters co-authored [The Everything Pilates Book](#), are active in the Pilates Method Alliance (PMA) and assisted in creating the PMA's certification exam.

May 22nd and May 23rd

When: Saturday, May 22nd,

12pm to 7pm

Where: The Scoop-A Pilates Studio

What: *Footwork: The Pilates Fortune Teller*

Footwork reveals nearly every issue a client is experiencing. By learning to see and understand what Footwork is telling us, teachers can predict where those issues will lead if left unheeded. In this workshop we will utilize the entire Pilates method to connect the struggles we see during equipment or Matwork exercises with issues that first appear during Footwork; then learn to teach effective, efficient, and functional movement patterns from the start to correct these problems.

When: Sunday, May 23rd,

9am to 4pm

Where: The Scoop-A Pilates Studio

What: *Accessing Your Psoas: Creating True Integrated Movement*

Do you move from your Psoas in a truly organic, whole body, integrated way? Are you able to assess whether your clients can – and if not, why not? Explore the inherent power and health potential that can be achieved when the Psoas is accessed as its true design dictates.

