

MELT FOR MOVEMENT TEACHERS

with **Carol LeMaitre**



Sunday May 6th
11:00am - 2:00pm

Fee: \$150 (Includes best-selling MELT book))

Treat yourself to a teaching life without pain.

Learn simple self care techniques that will keep your body strong and supple, balance the nervous system and reverse the signs of aging. As Pilates teachers and practitioners, we spend long hours doing repetitive movements that can cause stuck stress in our bodies. Treat your own body with care so that you can continue to care for others and model healthy aging for your clients. As an added bonus, experience the Pilates work with a new, more supple and pain free body.



Carol LeMaitre, owner of Sanchez Street Studios in San Francisco, is certified by the Pilates Method Alliance. She has studied with several first and second generation teachers, finished her formal training with Ellie Herman, received her Masters from the Pilates Center of Boulder and is an Advanced MELT Instructor. Her audio workout CDs, available on iTunes, have been featured in Pilates Style magazine. Carol is also the co-founder, with Sharon Gallagher, of Pilates Education Lab, a classical teacher training program.



CenterPoint Pilates

1 W. Victoria Street
Santa Barbara, CA 93101

To Register

805-560-6992

centerpointpilates@gmail.com

90 Minute MELT Intro Workshop

FEEL BETTER NOW! w/ **Carol LeMaitre**



Sunday May 6th
9:00am - 10:30am

Fee: \$50

This all-levels workshop will use soft rollers and small balls to simulate the results of hands-on massage. You will learn to reduce inflammation, ease chronic neck and low back strain, improve alignment, enhance athletic performance, and keep your whole body feeling great at any age.



Carol LeMaitre, owner of Sanchez Street Studios in San Francisco, is certified by the Pilates Method Alliance. She has studied with several first and second generation teachers, finished her formal training with Ellie Herman, received her Masters from the Pilates Center of Boulder and is an Advanced MELT Instructor. Her audio workout CDs, available on iTunes, have been featured in Pilates Style magazine. Carol is also the co-founder, with Sharon Gallagher, of Pilates Education Lab, a classical teacher training program.



CenterPoint Pilates

1 W. Victoria Street
Santa Barbara, CA 93101

To Register

805-560-6992

centerpointpilates@gmail.com