

Pilatez COMIX®



WORLD TOUR

A UNIQUE AND FUN SEMINAR FOR ALL! LEARN THE PILATES METHOD BASIC MAT! THIS INTENSIVE IS A 4 HOUR LONG SEMINAR COVERING THE 18 EXERCISES OF THE BASIC MAT ROUTINE WITH INSTRUCTOR ERIC SCHIMEL. LEARN ANATOMY, GOALS, ACTIONS, AND BREATH TO DEEPEN YOUR WORK. STRENGTH, LENGTH, HEALTH, & BREATH!

date

location

time