

IN-STUDIO WORKSHOP

Smart Moves for Successful Movers with Maria Earle



Maria Earle is known internationally for her warm and charismatic teaching style. She has worked extensively in the field of Pilates for 27 years, including the 14 years she mentored with Kathleen Stanford Grant.

Her roots are in classical Pilates, and she continues to innovate to help people feel happier and healthier. She believes that “good teaching becomes excellent when the teacher cultivates the pupil within”.



Saturday 8/31
10:30am - 5:30pm

12:30-1:30pm lunch

Fee \$475

In this workshop, learn strategies for breaking down exercises into manageable, digestible “movement bites” and:

- Gain insights into the profound interconnections between exercises performed on different apparatus
- Enrich your understanding of the Pilates method
- Expand your teaching repertoire
- Explore the concept of “exercise families”
- Discover how various exercises are intricately linked
- Rejuvenate your perspective and gain tangible tools that you can immediately implement in your sessions



SIGN UP NOW

Scan or visit
<http://bit.ly/maria-sat>

Questions? Email us at
info@sanchezstreetstudios.com