



**From Classical to Contemporary Choreography for  
Reformer  
Valentin – Pilates Body by Valentin  
Saturday, January 30, 2010  
@ Pure Element Pilates  
11:30am-5:00pm**

This 5-hour workshop will provide you with enough ideas to add flair, creativity, intensity, and endurance to your already existing Pilates Reformer repertoire. Learn how to take the principles, focus on targeted muscle groups and cue the results that you want. Intermediate to advanced instructors.

\* Cost is \$250 per trainer due by **Dec. 15th** to reserve a spot. Price will include workshop and lunch. (to register please mail payment to Pure Element Pilates)

Valentin is founder and owner of Pilates Body by Valentin, a full-service pilates training studio in Dublin, California. Her 20+ year background as a group exercise leader, IDEA International Presenter, and former ballet dancer has provided her with a strong foundation for creative group pilates training in mat, reformer and chair apparatus. In addition, her 9-year ongoing instruction with Elizabeth Larkam has facilitated her specialty in group and private sports training for golf, tennis, cycle, swimming and skating. Her emphasis on precision, technique and motivation has proved to be highly successful for clients of all ages from youth to seniors. She presents for Body Mind Sprit Conventions, IDEA, and is Faculty Associate of the Balanced Body University. She is also an original member of Pilates Performance. Her certifications are from ACE and Turning Point Studios.

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