

Become a Certified Pilates Teacher at Reformation Studio

How do you inspire the world to fitness?

“Mindful fitness
centers us in a hurried world that separates
our mental, physical and
emotional energies.

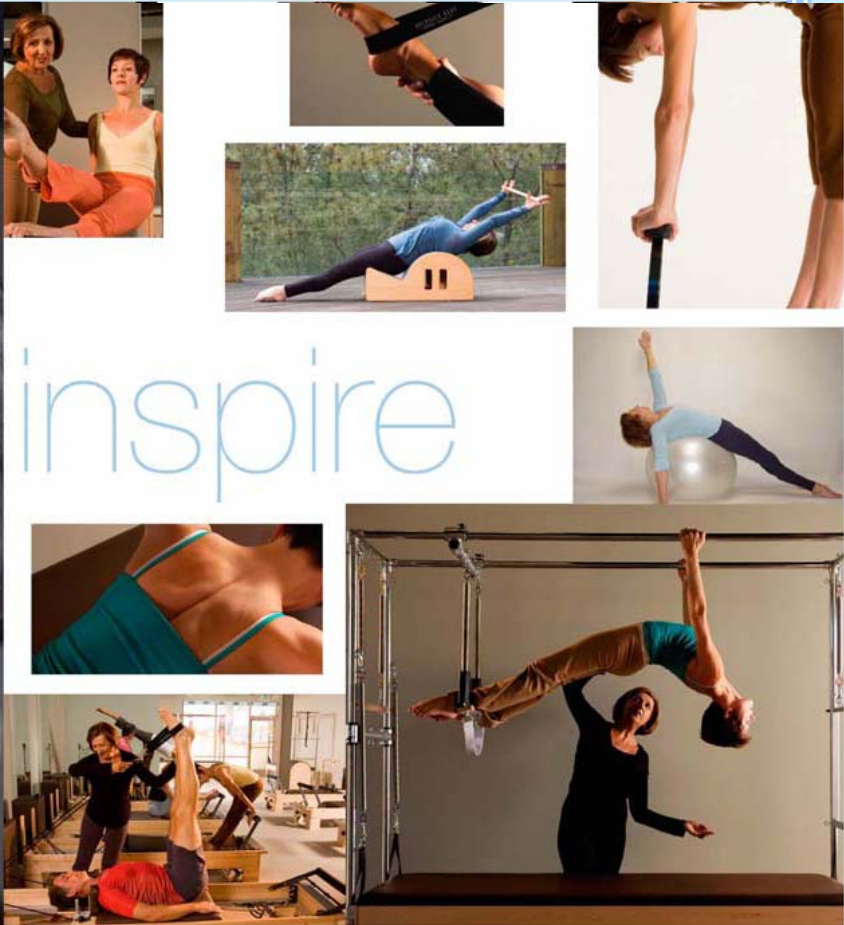
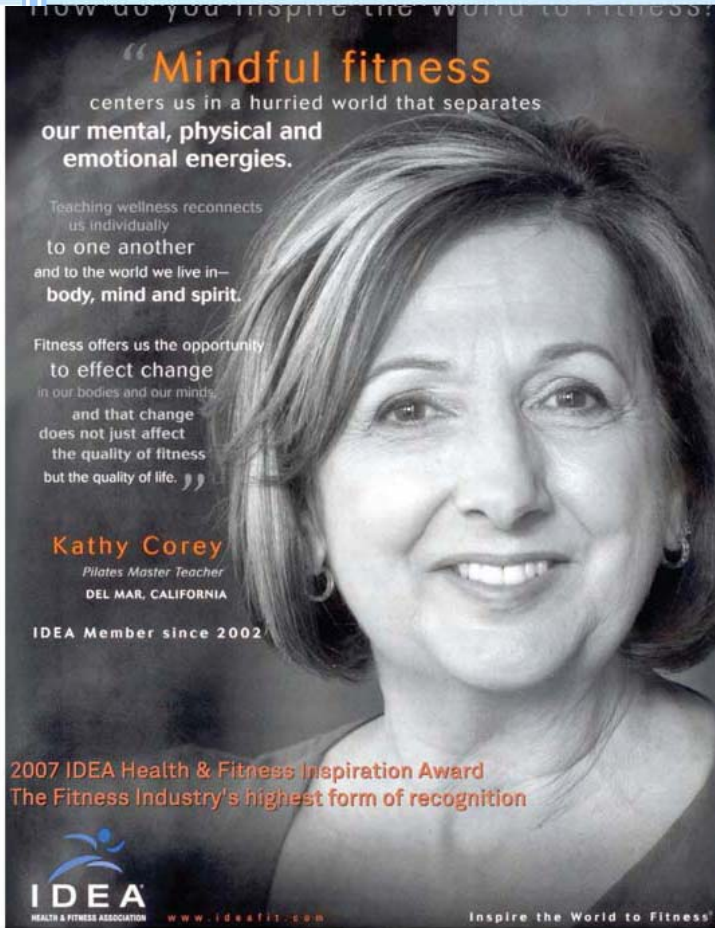
Teaching wellness reconnects
us individually
to one another
and to the world we live in—
body, mind and spirit.

Fitness offers us the opportunity
to effect change
in our bodies and our minds,
and that change
does not just affect
the quality of fitness
but the quality of life.”

Kathy Corey
Pilates Master Teacher
DEL MAR, CALIFORNIA
IDEA Member since 2002

2007 IDEA Health & Fitness Inspiration Award
The Fitness Industry's highest form of recognition

IDEA
HEALTH & FITNESS ASSOCIATION
www.ideafit.com Inspire the World to Fitness



Program I

Magic Circle I, Mat I, CORE Band™ I

Jan 19 & 20 2009

Program I Cost: \$375.00

Program II

Magic Circle II, Mat II, CORE Band™ II

Nov 14 – 15 2009

Program II Cost: \$375.00

Certification exam
Jan 10-11 2010

Reformation is proud to present a progressive and in-depth educational experience. Under the direction of Master Teacher, Kathy Corey, our program includes original exercises as well as innovative developments of the work.


West Coast Pilates
Experience Education Excellence
Founded in 1979

Reformation Studio
33 Las Colinas Lane San Jose CA 95119
Phone: 408-284-1300 Fax: 408-284-1501