



**Franklin Method® Workshops
Sunday April 3, 2011**

Registration Form

Name: _____

Mailing Address: _____

Telephone #: _____ email: _____

_____ \$140 **10:00 – 1:00 Relax Your Neck, Liberate Your Shoulders**
Experience the power of imagery, touch and movement exercises to lengthen and balance shoulder and neck musculature.

_____ \$140 **2:30 - 5:30 Pelvic Power: Core Integration**
Delve into the understanding of pelvic anatomy and biomechanics.

_____ \$10 **1:00 – 2:15 Lunch in the Studio**
Soup & Salad lunch in the studio

Other lunch option - Paganini Ristorante @ 81 W. State Street, Doylestown will be offering an express lunch menu for workshop attendees.

Registration is required by Monday, 3/29/11

Mail registration & payment (check or money order) to:

**Espiral Pilates & Fitness
4050 Skyron Drive, Suite D2B
Doylestown, PA 18902**

Contact info: Denise Houriet, 215.602.2414, deniseh@espiral.com

