

EVOLVE

LEARNING, GROWING, &
MASTERING THE ART OF
PILATES THROUGH
THE YEARS.

March 8-10, 2012



44 EAST MAIN #102, CHAMPAIGN, IL 61820

A WORKSHOP WITH ANTHONY RABARA

THURSDAY, MARCH 8TH

6 p.m. Master Mat Class

A Fundraiser for the Eastern Illinois Food Bank

FRIDAY, MARCH 9TH

9 a.m.-Noon: Lessons available with Anthony, Janice, & Noël

Noon-1 p.m. Lunch

1 p.m.-5 p.m. Lessons available with Anthony, Janice, & Noël

6 p.m.-9 p.m. Workshop Begins

SATURDAY, MARCH 10TH

9 a.m.-Noon Workshop Resumes

Noon-1 p.m. Lunch

1 p.m.-3 p.m. Lessons available with Anthony, Janice, & Noël

REGISTRATION

Please fill out the registration form and return it to our office with full payment no later than February 18th, 2012. To schedule a private lesson, email kelly@dulakpilates.com or call (217)239-2694.

Prices for workshop and lessons:

Workshop...\$200

Anthony Rabara...\$150 private, \$87.50 semi-private

Janice Dulak...\$125 private, \$75 semi-private

Noël Chase...\$95 private, \$60 semi-private

Anthony Rabara is a Romana's Pilates Level 2 Master Instructor Trainer. A dance-related injury brought him to Romana Kryzanowska's studio in New York City in 1979. At Romana's request, Anthony began teaching with her and was among the first certified in the Pilates Method in the mid-1980's. He opened his own studio in 1987 in Princeton, New Jersey. Anthony is dedicated to preserving the original Pilates Method as passed from Joseph Pilates to Romana Kryzanowska. His clients experience Pilates in its purest form, whether on apparatus or through mat work in his studio. He continues to train Instructors through Romana's Pilates, Inc.

Join us for this exciting opportunity! Anthony will share how his Pilates experience has evolved since his training with Romana, specifically in individual exercises that have progressed while remaining true to original Pilates principles. He will highlight the changes we can make in our own movements and help us grow as teachers of the Pilates Method.