

PILATES KINETICS

11 & 12 FEB 2023

REGISTER NOW

THE ORIGINAL REFORMER SERIES WORKSHOP



WWW.PILATESKINETICS.SG

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BY JAVIER VELAZQUEZ

557 Bukit Timah Road #02-10/11 Singapore 269694

ABOUT THE WORKSHOP

The Pilates world has conventionally been categorised into Classical or Contemporary — one that follows closely to Joseph Pilates' work and the other with modifications that have been made to it. However, even in the Classical Pilates approach, there are many changes that have been made to the exercises originally created by Joseph Pilates.

In this workshop, **Javier Velazquez** will be going through Joseph Pilates' Original Reformer Series, adhering closely to the way Joseph conceptualised it. **You will get to experience some useful, lesser known exercises and also how some original versions of commonly performed exercises can be more effective.**

He will share not only the choreographies, but also how to teach them and how to progress a client so they can achieve it. This will be done in a lively and positive way and everybody will have a chance to work out in this workshop!

WHAT'S SPECIAL?

Very often, Joseph's rarely seen exercises have been labelled "archival", like some sort of hidden knowledge reserved only for the selected few. This is often because nowadays, very few teachers learn from trainers who know these rarely seen exercises.

Javier is happy to share this hard-earned information he has gathered over the decades with whoever is keen to learn. You will leave the workshop equipped with more knowledge and inspired by his passion and positivity!

ABOUT JAVIER VELAZQUEZ

Javier has been practising Pilates for 38 years, and for many years with four of Joseph's students — Romana Kryzanowska, Mathilde Klein, Mary Bowen, and Sari Mejia. Since 2004, he has been researching Joseph Pilates' original methodology, equipment and exercises. He has also reconstructed Joseph's original equipment by hand and is using them as originally intended.

For more information on his research, visit <https://www.pilatesart.eu/>



DETAILS



THE ORIGINAL REFORMER SERIES WORKSHOP

by Javier Velazquez

11 & 12 Sat + Sun
FEB 2023

9AM^{*} –
5PM with lunch break

\$\$1000

Early Bird Special

\$\$850 registration & payment before 20 Dec 2022

557 Bukit Timah Road #02-10/11 Singapore 269694

*Lunch will be provided. Timing is subject to further confirmation.

PRIVATE SESSIONS

with Javier Velazquez
13 - 15 FEB 2023

Experience Javier's teaching in a private session. Gain insights to improve your Pilates practice with his one-to-one guidance or take the chance to further your understanding from the workshop.

Limited slots available. Please enquire for details.

HOW TO REGISTER

Email us at info@pilateskinetics.sg

FURTHER QUESTIONS?

Reach us via WhatsApp at [+65 8877 0348](tel:+6588770348)

Registration is only confirmed after payment has been made. There will be no refund for payment made unless the workshop or session is cancelled.

