

# Enhanced Athletic Performance Through Conscious Breath and Body Organization

A series of 3 workshops on 3 consecutive weekends

## Week 1: "Who's Got Your Monkeytail, and Why"

February 14th, 10:30 am-12:00 noon

## Week 2: "A Tail to be Continued"

February 21st, 10:30 am-12:00 noon

## Week 3: "A Tail's End"

February 28th, 10:30 am-12:00 noon

Join **Rita Madlock** in this fun, creative, and informative Pilates-based workshop. This series of workshops will explore a deeper understanding of diaphragmatic breath usage and body organization, ultimately enhancing core strength development.

### *About the Presenter*

Rita Madlock is the creator of the Equinox Centre Mind and Body Health Fitness Programs. Rita has studied and worked in the fitness industry for the past 17 years as an instructor, presenter, and program developer and manager. Rita's training and areas of expertise include a Bachelors of Fine Arts degree in Classical Ballet, certifications in Pilates Based Exercise and Rehabilitation, Gyrotonic Expansion Systems, Gyrokinesis, and Jivamukti Yoga.

### *Fee Schedule*

Prepay three-week series, \$75; Drop-in rate per class, \$30

Recommended tools for classes:

Yoga mat and strap, and large beach towel

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