

Tuesday, January 29, 2013

Prenatal Pilates Workshop

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February 2nd and 3rd, 2013 12pm-5pm

Join us this weekend for our Prenatal Pilates Workshop! Specialize your Pilates knowledge, and learn more about this exciting demographic. Pregnant moms welcome!

This is a tried and true method. Mom's using the Sanctuary Pilates/ Artibee Method of prenatal wellness have healthier pregnancies, go into labor with less fear, and recover quicker than Mom's not practicing this program. As Kate says, "Yoga babies are happy babies." Total Cost \$350.

Contact us to register!

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