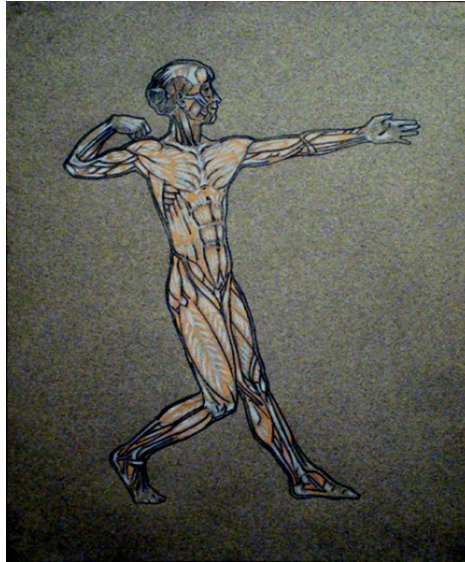


Saturday, January 25, 2020

Anatomy & Biomechanics Workshop

Company: Core Pilates (Rye)
Location: Rye, NY

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January 25th, 10:30-3:30pm.

Core Pilates is hosting an anatomy and biomechanics workshops at it's Rye, NY location with Dr. Mel from Stillpointe Acupuncture. Dr. Mel holds a Docorate of Acupuncture and Chinese Medicine from the Pacific College of Oriental Medicine. She is a licensed acupuncturist specializing in the treatment of fertility, digestive, and anxiety disorders. She is also a certified pilates instructor from the Kane School of Pilates.

In this workshop Dr. Mel will be bringing her knowledge of anatomy, biomechanics, and pilates together to break down some of the fundamental pilates exerices and explore of the muscles should engage, alignment should look, and what to watch for in your clients or yourself!

To sign up call us at 212-758-1010 or email Cpburn1@gmail.com

Core Pilates (Rye)
67 Purchase St
Rye, NY, 10580

Schedule
January 25, 2020: 10:30am

[< back](#)

[previous listing](#) • [next listing](#)