

Pilates & Wellness Weekend Retreat

September 13th, 14th & 15th 2019

Silverwater Resort – San Remo – Victoria

Schedule

Friday 13 th Sep	Saturday 14 th Sep	Sunday 15 th Sep
<p>Replacement Presenter Policy</p> <p>The Pilates Company prides itself on the quality of its instructors. If in the event that one of our presenters are unable to take one of their sessions, an instructor of equal or higher fitness / Pilates qualification will take the session</p>	<p>Energise & Mobilise Pilates Masterclass Marena & Chris 9.00am – 10.15am</p>	<p>BodyArt® Masterclass Marena 9.00am – 10.15am</p>
	<p>Tea & Coffee Break 10.15am – 10.45am</p>	<p>Tea & Coffee Break 10.15am – 10.45am</p>
	<p>Yoga Masterclass Yoga Instructor 10.45am – 12.15pm</p>	<p>Extend Your Pilates Practice Masterclass Sophie Briggs 10.45am – 12.15pm</p>
	<p>Lunch 12.15pm – 1.30pm</p>	<p>Lunch 12.15pm – 1.45pm</p>
<p>Registration and Welcome Drinks 7.00pm – Onwards</p>	<p>Long & Strong Pilates Workshop Marena & Chris 1.30pm – 2.45pm</p>	<p>Secrets of Natural Walking / Heart Meditation Donna Ellerton 2.00pm – 4.00pm</p>
	<p>Tea & Coffee Break 2.45pm – 3.15pm</p>	
	<p>Move Culture Masterclass Ann-Marie Pistikakis 3.15pm – 4.45pm</p>	<p>Pilates Flow to Take you Home Masterclass Marena & Chris 4.00pm – 5.15pm</p>
	<p>Free Time 4.45pm – 7.00pm</p>	
	<p>Gratitude Dinner Provided by The Pilates Company & Silverwater Resort 7.00pm – 10.00pm</p>	<p>Finish 5.15pm</p>

