



POLESTAR PILATES MONACO EVENT

November 3rd - 4th 2017

Build your practice bridge to health –

Join the international Pilates- and health care community and visit this event, that is fostering interdisciplinary understanding and collaboration.

Early bird until September 15th – Register now!

» **INFORMATION:**

POLESTAR GmbH

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www.polestarpilates.de

» **REGISTRATION:**

event@polestarpilates.de

local contact: Mme Luisella Petronio

luisella.p@monaco.mc

Location:

Novotel Monte Carlo

16 Bld Princesse Charlotte

98000 MONACO - MONACO

POLESTAR presents Pilates Pioneers:

At the beautiful scenerie of Monaco we invite you to join a unique event.

Brent Anderson, Alan Herdman, Alexander Bohlander and many more presenters are going to inspire you with lectures, workshops and movement classes.

Friday, November 3rd . 1:30 pm – 7:30 pm

- 1:30 pm Registration
- 2:00 pm – 6:00 pm WORKSHOPS > Brent Anderson „Sitting is the new smoking“
> Alan Herdman „Comprehensive and modern Mat work“
- 6:00 pm – 7:00 pm Medical Pilates meeting (upon invitation)
- 7:00 pm Meet and Greet with Brent and Alan

Saturday, November 4th . 8:30 am – 6:30 pm

- 8:30 am Check in
- 9:00 am – 9:45 am Opening Key lectures Dr. Brent Anderson and Alexander Bohlander
- 10:00 am – 1:00 pm WORKSHOPS > Brent Anderson „Pilates health - the modern day pill“
> Alan Herdman „Pilates with hip surgery“
- 1:00 pm – 2:00 pm lunch
- Movement class presenters:** Luisella Petronia, Peter Lewton-Brain, Yaelle Penkhoss, Birgit Scheefe, Alexander Bohlander, Serafino Ambrosio, Amy Heger
- 2:00 pm – 3:00 pm Movement classes
- 3:00 pm – 4:00 pm Movement classes
- 4:00 pm – 4:30 pm break
- 4:30 pm – 5:30 pm Movement classes
- 5:30 pm – 6:30 pm Special Surprise and End

Price:

Early Bird 300,- € is available till Sept. 15th 2017. Later booking 350,- €.

Find all details and the latest news on our website: www.polestarpilates.de

