

BODY BALANCING *by Darcie*

PILATES AND FITNESS STUDIO

Presents

Bounce from Bounce Back Breast Cancer Workshop

**Four Phases of Pilates Methodology for Post Breast Cancer Treatments
with Susie Gorman Green**

This workshop will define:

- Oncology and Reconstructive Treatment types
- Side Effects from the Treatments
- Precautions and Exercise Guidelines within The Pilates Method Scope of Practice

This workshop will teach: Critical thinking skill development so the Pilates Teacher can tailor each program individually. Specific Skills include suggested, Pilates based Remedial Supine, Seated, Standing and Prone Exercises up to Equipment Based Pilates. A Pilates Repertoire list from each piece of equipment will be given to each student in the practical handout.

When: Saturday, April 17, 2020 from 8:00 to 12:00pm

Where: Body Balancing by Darcie – Pilates and Fitness Studio

**4735 S Durango Dr. Suite #101
Las Vegas, Nevada 89147
702-497-5827**

**Workshop Price: \$150.00 – pre-registration required, limited space.
CEC's – inquire for details**



**Susie Gorman Green - MS University of Tennessee
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AAAI/ISMA**

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