



Mat Masterclass 'Basically Advanced' with Rebecca Leone

Friday 4 April 2008; 4:30 – 6:30pm

Price: £40 Capacity: 20

Venue: The Light Centre Belgravia, 9 Eccleston Street, London, SW1W 9LX0

Prepare for a revelation! Come to this master class and learn a way to approach 'basic' beginner exercises that turns them into a super advanced workout. You decide how much challenge to add!



Rebecca Leone is the owner of *Pilates Powerhouse NW*, a Pilates studio based in Seattle, Washington. She is also the Director of *Pilates Excel*, a finishing school for comprehensively trained teachers. Rebecca completed her classical Pilates training in New York City in 2001 with Romana Kryzanowska, the world-renowned protégé of Joseph Pilates. She's continued her education through coursework with each of the 'First Generation' Pilates teachers including Ron Fletcher, Mary Bowen, Lolita San Miguel, and Kathy Grant, as well as other industry leaders such as Michele Larsson and Kevin Bowen. Rebecca served on the Board of Directors of the Pilates Method Alliance (PMA) 06-07, and is a 'PMA – Gold Certified Pilates Teacher™'. Rebecca is also certified by the University of Washington in Sports Medicine and Human Performance.

To meet the demands of her students who want additional exposure to her teaching methods, in 2007 she launched a pay-per-view video website, www.WorldWidePilatesMat.com, where she posts mat classes filmed in her Seattle studio. She also produced *Pilates on Ice*, an instructional mat DVD specifically for figure skaters, and *Order & Transitions*, a training DVD for Pilates teachers. Rebecca has presented at educational conferences for competitive and recreational figure skating coaches and judges, and at educational conferences produced by the Pilates Method Alliance and Pilates Style. She has been featured in *Pilates Style* magazine, *Seattle Metropolitan Magazine* and the *Seattle Times*. Rebecca is the author and sole creator of www.PilatesNun.com, a free educational Pilates website for teachers and clients.

To book, go to www.pilatesumbrella.co.uk and download a booking form.

NOTE: Your place is only confirmed when we receive your payment; we cannot hold unpaid places.