



## LECTURE 1: THE CADILLAC

Imagine if the vision could be even bigger than we dreamed.

An interactive demonstration of how the Pilates repertoire changes the neuromyo fascia, creating lasting structural and systemic change.

Our faculty will guide you on a neuromyo fascial journey to help you better affect how your interaction with the apparatus informs a multiple of elements in the body.

Date: 11 - 12 May 2019

Cost: 520 USD for Single Lecture: 1850 USD for all 4 Lectures

Venue: Pilateszone, Lavaterstrasse 44, 8002  
Zurich-Enge, Switzerland

Presenter:  
Joachim Schultz

