



### **Biomechanics of Pilates and Yoga: Workshop By Karim Strougo**

This very dynamic and highly interactive workshop will teach you the reasons behind the specific (and sometimes very subtle) variations in Pilates and Yoga exercises. You will understand how every little change you do to a Pilates exercise or a Yoga Asana can have a great impact on the outcome of that exercise. You will also understand how you can continuously keep your clients feeling challenged and always progressing to more and more advanced levels of performance, just by having a deeper understanding of the biomechanics of each exercise and/or Asana that you teach them.

Whether you are a Yoga Guru, a Pilates adept or simply a workout enthusiast, this workshop is going to help you understand the biomechanical reasons behind the various modifications we teach to our clients and how YOU can now create your own modifications and exercise progressions.

| Duration                          | Continuing Education Credits |      |     |
|-----------------------------------|------------------------------|------|-----|
|                                   | SAFE                         | AFAA | ACE |
| 4<br>Including<br>Master<br>Class | 3.5*                         | 3.5* | —   |

**\*Only if taken with the “Yogilates” Master Class.  
Workshop alone is worth 2.5 SAFE and AFAA CEUs**