



## Diagonal Streaming®™: The Elusive Pilates Element: Workshop by Karim Strougo

Discover SAFE Academy's Diagonal Streaming®™ method which will take your Pilates practice into all new heights and endless exercise possibilities!

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
2	2.5*	2.5*	—

**\*Only if taken with the “Pilates: the SAFE Way®” Master Class.  
Workshop alone is worth 2 SAFE and AFAA CEUs**