



Pilates: the SAFE Way®! : Master-Class By Karim Strougo

Experience Pilates, the SAFE Academy style!

Using SAFE Academy's Diagonal Streaming®™ method, you will discover a new realm of possibilities for stabilizing your core, sculpting your body and improving your agility.

Your dream waistline is only a few “streams” away !!

Duration	Continuing Education Credits		
	SAFE	AFAA	ACE
1.5	1*	1*	—

*** Only if taken with the “Diagonal Streaming®™: The Elusice Pilates Element” workshop. Classes alone do not offer any CEUs.**