



A Day with Diane

Pilates Master Diane Severino

Saturday, August 9 - San Antonio

PLEASE JOIN US for an opportunity to work with one of the true luminaries of the Pilates world, Diane Severino. Diane accomplishments and curriculum vitae are legendary:

- **PILATES:** Certified Master Teacher; apprenticed to Ron Fletcher and former proprietor of the Ron Fletcher Studio in Los Angeles;
- **DANCE:** Juilliard alumni; studied with Martha Graham; taught modern dance extensively in New York and Los Angeles;
- **EDUCATOR:** Pioneered Dance Medicine Techniques; guest lecturer at Orthopedic Symposia on the use of Pilates to rehabilitate dance injuries; established Dancemedicine Centers around the world.

*Class size is limited —
please reserve your space today.*

MORNING SESSION

TIME: 10:00am to 1:00pm
Registration 9:15 to 9:45am

PLACE: Spectrum Athletic Club Alamo Heights
1246 Austin Highway, San Antonio

TOPIC: Pilates Matwork, Fletcher Floorwork®
and Fletcher Barre™

COST: \$150.00

AFTERNOON SESSION

RESERVED FOR TEACHERS ONLY

TIME: 2:30pm to 5:30pm
Registration 1:45 to 2:15pm

PLACE: Studio A: Pilates
5310 Broadway, San Antonio

TOPIC: Equipment Work and More

COST: \$150.00

To register contact Studio A at

210-828-5900 or info@studioa-pilates.com