



JADE PILATES STUDIO

KUWAIT CITY, KUWAIT

PRESENTS

Karen Frischmann & Andrea Maida

JOIN US IN KUWAIT AS WE DEEPEN OUR UNDERSTANDING OF PILATES WITH THESE TWO
WORLD-RENOWNED CLASSICAL PILATES TEACHERS.

MARCH 12-14, 2020.

Workshop details & schedule below. Check our website www.jadepilatesstudio.com for updates.

Don't forget to follow us on [IG @jadepilatesstudio](https://www.instagram.com/jadepilatesstudio)

See you in Kuwait!

Pilates in Kuwait 2020

Thursday, March, 12th - Saturday, March 14th.



Karen Frischmann

An insightful, intuitive teacher and business coach with more than 20 years of experience teaching Pilates and developing and running studios, Karen Frischman is one of the original owners and developers of the Vintage Pilates and The Work Teachers Training Program with 1st generation teacher Jay Grimes. Karen will help you become confident, informed and educated in classical Pilates.

Andrea Maida

Known for her popular Pilates blog, Andrea Maida is a sought-out international educator of classical Pilates living in San Diego, USA. Andrea is a graduate of the inaugural classes of Jay Grimes' training programs, The Work and Teaching The Work and brings over 15 years of experience as a practitioner and teacher of classical Pilates.



\$900.00 USD Full Package. Early bird price received by January 1, 2020.

OPTION A: Full Package

- 2 days of Pilates Workshops (4 Workshops in total). Each workshop is 3.0 hours.
- 1 Jade's Open Workout: Open studio workout followed by a mini-themed workshop with Karen & Andrea. 1.5 hours.
- 2 Mat classes. Each mat class is 45 minutes.
- 3 Lunch menu service Thursday, Friday, and Saturday.

After January 1, 2020 price of workshop is \$1100.00 USD

OPTION B: A la carte workshop \$300.00 each.

- Purchase the workshops you want.
- Excludes access to mat class, Jade's open workout, and lunch service.

To register or for more information please contact our studio [**HERE**](#)

Workshop Descriptions

Karen Frischmann

The Guillotine

In this in-depth look at Joe Pilates' Guillotine apparatus we will explore exercises that are familiar and practiced on other apparatus, but also new exercises specific to the Guillotine.

Nuts & Bolts Reformer

Joe Pilates invented the apparatus to help his students build the strength and flexibility to do his mat workout correctly and efficiently. Learn how to get the most out of our all important tools - the springs, straps, handles, and bars to create an efficient and effective workout. This workshop will go into the mechanics of the Reformer, the physics behind the springs and how to leverage all parts of the Reformer to help you to see and correct imbalances, get your clients to "squeeze the juice" out of every exercise, and bring your teaching to a new level.

Andrea Maida

On The Order Of The Mat

We will explore Joe's original 34 Mat exercises and examine the reasons behind his brilliantly prescribed order of the exercises. We'll take a look at several examples of exercise progressions throughout the entire series. Come prepared to workout: get the exercises into your body and experience the shapes of the exercises in a cohesive way to better serve your clients.

3 Chairs & 3 Barrels = Two Way Stretch

In this workshop we'll use the Chairs and Barrels to refine the 2-way Stretch and reveal the connections to the upper and lower body. We'll take a look at how the Chairs and Barrels function within the Pilates Method, the challenges they create and the connections they can facilitate.

Pilates in Kuwait 2020

We are thrilled to host you at *PILATES IN KUWAIT 2020*. To make your experience perfect, we have important information for you to read.

1. PRIVATE & SEMI-PRIVATE LESSONS

- Lessons are available with Karen and Andrea on Thursday, March 12th and Sunday, March 15th. [**BOOK YOUR PRIVATE LESSONS HERE!**](#)
- Additional private lessons taught by THE WORK Grads Carmen Lanteigne and Noor Al Amer. [**BOOK YOUR PRIVATE LESSONS HERE!**](#)

2. LUNCH SERVICE

The location of the studio is not walkable to restaurants. Jade Studio will provide a catered lunch on Thursday, Friday, and Saturday. Please let us know if you require the menu service along with any dietary preferences by **February 1st, 2020**

[**ORDER YOUR LUNCH SERVICE HERE**](#)

3. KUWAITI DINNER EXPERIENCE, SATURDAY, MARCH 13TH @ 7:00 PM

We are excited to host a Kuwaiti Dinner Experience for our participants on Saturday, March 13th. Please RSVP by March 5th. The cost of the meal and beverage service will be the participants responsibility.

[**RSVP HERE MARCH 5TH.**](#)

4. NEED MORE INFORMATION

If you still have questions, that's totally okay. We are here to help.

[**STILL HAVE QUESTIONS? EMAIL US HERE!**](#)

Pilates In Kuwait 2020

Event Schedule

Thursday, March 12th

9:00 - 12:00 pm

LESSONS:

Karen Frischmann, Andrea Maida, Carmen Lanteigne, & Noor Alamer.

12:00 - 12:50 pm

LUNCH SERVICE

- The location of the studio requires us to provide participants with a meal service for lunch on Thursday, Friday, and Saturday. This service is included in the event fee.
- Please request your meal service and any dietary preferences by February 1st.

1:00 - 3:00 pm

LESSONS:

Karen Frischmann, Andrea Maida, Carmen Lanteigne, & Noor Alamer.

3:30 - 5:00 pm

JADE'S OPEN WORKOUT WITH KAREN & ANDREA

Friday, March 13th

9:00 - 9:50 am

KAREN'S MORNING MAT WORKOUT

10:00 - 1:00 pm	<p><i>FRIDAY MORNING WORKSHOP</i></p> <p>Workshop with Karen: The Guillotine (Group A)</p> <p>Workshop with Andrea: On The Order Of The Mat (Group B)</p>
1:00 - 1:50 pm	<p><i>LUNCH SERVICE</i></p>
2:00 -5:00 pm	<p><i>FRIDAY AFTERNOON WORKSHOP</i></p> <p>Workshop with Karen: The Guillotine (Group A)</p> <p>Workshop with Andrea: On The Order Of The Mat (Group B)</p>
7:00 pm	<p><i>KUWAITI DINNER EXPERIENCE</i></p> <p>Jade Pilates will organize a special dining experience for participants. The cost of the meal & beverage service is paid by each participant.</p>
Saturday, March 14th	
9:00 - 9:50 am	<p><i>ADREA'S MORNING MAT WORKOUT</i></p>

10:00 - 1:00 pm	<p><i>SATURDAY MORNING WORKSHOP</i></p> <p>Workshop with Karen: Nuts & Bolts Reformer (Group A)</p> <p>Workshop with Andrea: Chairs & Barrels (Group B)</p>
1:00 - 2:00 pm	<p><i>LUNCH SERVICE</i></p>
2:00 - 5:00 pm	<p><i>SATURDAY AFTERNOON WORKSHOP</i></p> <p>Workshop with Karen: Nuts & Bolts Reformer (Group B)</p> <p>Workshop with Andrea: Chairs & Barrels (Group A)</p>
5:00 - 5:45 pm	<p><i>QUESTION PANEL WITH KAREN & ANDREA</i></p> <p><i>FAREWELL</i></p>
	<p>Sunday, March 15th</p>
9:00 - 12:00 pm	<p><i>LESSONS:</i></p> <p>Karen Frischmann, Andrea Maida, Carmen Lanteigne, & Noor Alamer.</p>