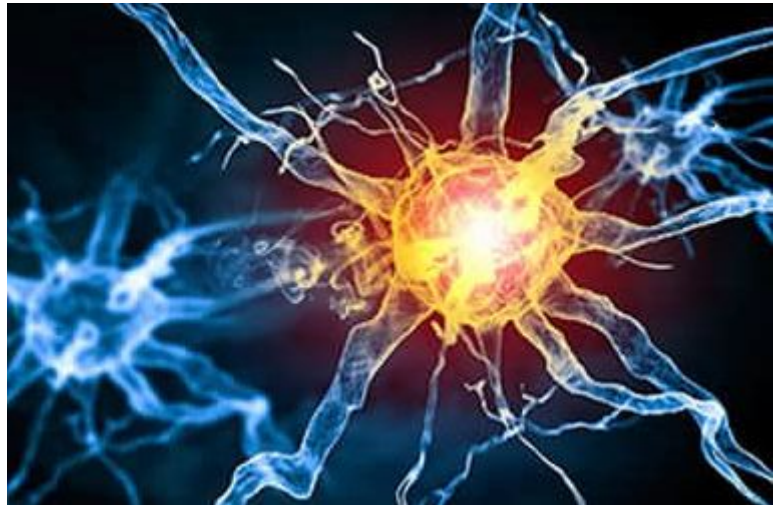


Pilates for Multiple Sclerosis (MS)



Presented by
Katrina Edwards, Danielle Jones, Anna Kelman
and guest speakers

Celebrate International Pilates Day and Joseph Pilates' legacy by participating in this workshop at our well-equipped CBD studio.

Multiple Sclerosis (MS) is the number-one neurological condition affecting people under 50, with 23,000 people in Australia having MS.

Learn about what it's like to have MS from first-hand accounts, and how Pilates can help clients with MS and other neurological conditions by reducing muscle spasticity, increasing muscle strength and tone and improving the mind-body connection which Pilates innately fosters.

Participate in some Pilates repertoire specifically designed for clients with MS and other neurological conditions.

Pilates for MS

Saturday 5 May 2018

2:00 pm – 5:00 pm

Aligned for Life studios, L 4, 370 Lt Bourke Street, Melbourne

Suitable for... Pilates instructors interested in developing programs specific for clients with MS and other neurological conditions; Pilates clients with MS or other neurological conditions

Cost

Gold coin donation to [MS Ltd](#)

How to register?

Click [here](#) to register

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