



We at **Exhale Pilates London** are excited announce that Olga Tamara - Principal Trainer - Authentic Pilates Education, will be returning to the UK to present the "**THE POWER OF TOUCH**" workshop.

## THE POWER OF TOUCH

### Workshop is coming to London!

Join Olga at the "POWER OF TOUCH" workshop as she guides you through tactile cueing and hands on teaching techniques. During this 4 hours workshop you will explore cueing through touch and directional energy and flow.

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Touch is a very powerful thing. Gain confidence and have purpose when using hands on techniques. Discover how utilising "The Power of Touch" with energy and flow of movement will help deepen your skills as a Pilates teacher.

**DATE: 12 June 2017 - 1pm - 5pm**

**Cost: £95**



*This continuing education workshop is open to ALL instructors and APEUK students Intermediate to Advanced level.*



**TO REGISTER your expression of interest EMAIL:**  
**info@exhalepilateslondon.com or PHONE: +44 (0) 7843 053 903**