



Nov 17 & 18 – REALITY CHECK RETREAT - \$600
Nov 20 – CADAVER ANATOMY FOR MOVEMENT TEACHERS - \$800
Save \$300 & Bundle Both – \$1100
Add 4 hours of Bespoke Consulting – \$1500

WORLD CLASS, PROFESSIONAL GRADE, 100% SCIENTIFICALLY VETTED CONTENT

REALITY CHECK RETREAT & CADAVER ANATOMY FOR MOVEMENT TEACHERS

NOV 17 & 18 – REALITY CHECK RETREAT
NOV 20 – CADAVER ANATOMY FOR MOVEMENT TEACHERS

RETREAT - \$600 ★ CADAVER ANATOMY - \$800 ★ BUNDLE - \$1100
★ SUPERCHARGE *prep for and/or follow up after the Retreat by*
ADDING 4 HOURS OF BESPOKE CONSULTING - \$1500 ★

Teachers & clients from all lineages & experience levels welcome!

Bundle Includes:

★ LINK TO FULL AUDIO RECORDING OF THE RETREAT ★
★ LINK TO VIDEO OF 2-DAY SPINE SAFETY WORKSHOP ★

no recording or photography is allowed in the lab

- cash, check, add 5% if you pay by wire or with credit card
- IMPORTANT: I have a "No Refunds" Policy for all bookings, listen to [this](#) for full details.

Thank you, thank you, thank you.



Without you, there is no me.

Reality Check Retreat

I offer two kinds of retreats; one helps develop creativity and the other guides applying it throughout your life.

Specifically, my Illumination Retreat reconnects the creative you with the business you. We all started out with our creativity driving our business but time, stress and the super dreaded but completely unavoidable “OTHER PEOPLE” tend to take us off our mark. Illuminate with me and, before you know it, you'll once again find your creativity actually DRIVING your work instead of being drug along behind it. Folks who've Illuminated with me have gone on to start new successful businesses UNRELATED to Pilates, they've expanded their Pilates business so dramatically that they've had to rent larger space to accommodate the growth, they've quit jobs to open their own business, and one even quit teaching to travel for a couple of years.



In my Reality Check Retreat and inspired and guided by **your** specific goals, I use the full extent of my considerable experience to brainstorm achievement options and guide the development of specific implementation plans, all customized uniquely for you. Those plans include resource allocation and resource acquisition so everything you've dreamed up and we've worked into an incorporation plan is covered, and when everything is covered, you have a clear run to - as stress-free as possible - effectively and efficiently achieve your goals. Folks who've Reality Checked with me have gone on to move to other cities, they've completely restructured their businesses, they've revamped their programming to conform to their intellectual and creative desire, and they've kindly, gently but finally rid themselves of unwanted personal and professional encumbrances.

If we've worked together in the past, some of this might sound familiar because Retreats are a reduction, a concentrated personalized blast, a hyper-YOU-focus of the GENERAL communication skills, of the GENERAL organizational/goal accomplishment skills, of the GENERAL interpersonal skills that I teach in Gap Filler and REVAMP. Here's the difference: for the Retreats, we work from YOUR unique goals, and I guide you through actually CONFORMING, CUSTOMIZING and EXPANDING those general Gap Filler & REVAMP skills to materialize your will, and I guide you through and prepare you for actually ORDERING, ASSEMBLING and USING them. For sure, Gap Filler & REVAMP are super valuable and invigoratingly intense, but they're somewhat generalized and they leave it up to you to actually implement their content but there's absolutely nothing generalized about the Retreats. The Retreats are all about harnessing my skills and applying them to you, YOU, **YOU**.

There's something else that's super special about the Retreats and it's one of the reasons they're so powerfully life-changing . . . I format into them confrontation that forces a regaining of perspective. What's that mean? It means that interspersed throughout the intensity of the work, I've incorporated rambles, breath work, and quiet time. Reclaiming ourselves, and recognizing our relationship to nature, to the world, and to the vibe of our surroundings all help regain and expand our perspective, it helps us regain awareness of our true relevance, it helps create a sense of righteous urgency, and it helps etch into our hearts and minds the awesome responsibility we have to make our lives precisely what we want them to be.

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Hello YOUR BEST YOU!

If you're not the master of your universe, but want to be, I want to get you there. And I want you to be well on your way BEFORE we go into another new year.

My Cadaver Anatomy course is a life changer, straight up by itself, but coupled with a Reality Check Retreat, they'll combine to position you to take 2017 by storm. If you'd like help clarifying your goals or implementing change post-Retreat, I've added a Bespoke Consulting option to the bundle.

- Because Reality Check is customized to you, I only open it to a few of you.
- Because of that, space is super limited.
- Because space is limited, the Bundle and Bundle + options are going to go quickly.
- If you're interested, let me know NOW so I can save your spot.

Cadaver Anatomy for Movement Teachers

I took my first cadaver anatomy course at Bastyr University in 2013. I instantly fell in love with the intensity of the learning environment, and with the anatomy professor who taught the course – Rebecca Love. But I knew the content of the course needed to conform to my needs as a movement educator so, using Gap Filler skills, it took me two long, difficult years to negotiate a contract with the University to create a course specifically customized for movement teachers.

Since 2015, I've taken in more than 25 groups and all the while, Dr. Love and I have been learning, growing, changing and adapting the course to uniquely, specifically and powerfully meet the needs of movement teachers.



How custom is this course? Dr. Love makes specific dissections just for us. And the way she and I present the information is completely syncopated to the process of how we learn to move. Safety rules the day and everything in the lab is seen through the prism of "is it safe, what are the consequences, how is it damaged?" The entire course is designed to immerse you, in the most intimately human way possible, in the lessons of the human body, how it's put together, what tears it apart and how it moves.

This course is the reason I'm the world's leading provider of cadaver anatomy education for movement teachers.

NOTE: I'm now under some pretty rigorous contractual attendance minimums and cancellation horizons, so if you're interested in attending, please let me know as soon as possible so I'll know we're a "go." Let's GO!

Deets: Fly into SEA, host hotels are [Marqueeen](#) and [Inn at Queen Anne](#), my Seattle ground support team will try to accommodate your airport ground transport, we provide transport between the host hotels and the lab. There's a "Post



Cadaver Lab Celebrate Life" dinner at [La Spiga](#) after the lab on Sunday night so if you can, stay over and celebrate your renewed sense of wonder at simply being alive.

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