

Introducing ...

MaitriFlow^{LLC}

Contemporary Pilates Influenced by Yoga for Adults and Children

Practices & Workshops to be offered at Lake Shore Dance in Cedarburg
and Bodymindspiritworks in Grafton!

It's easy to start, just follow these directions:

1. Visit **www.MaitriFlow.com** and read all about the program and instructor.
2. Click **SIGN-UP NOW** to link to the Online Scheduler.
3. Click at top **WORKSHOPS** right and pick a **Pilates Welcome Workshop** that fits your schedule and click the "Sign-Up Now!" button. Just follow the instructions to create an online account.

Here's a not-so-well-kept secret ... when you attend a Pilates Welcome Workshop you will receive a coupon to purchase a 20-Practice Package for just \$180. Using this coupon will save you enough money to cover the cost of the workshop!

4. Or just click **PRACTICES** at the top right, enter a start date (*8/29 to see the first week and 9/5 to see our first full week of practices*), click "WEEK" at the top and then pick your practice by hitting where it says "Sign-Up Now!" next to the class.

SCHEDULE QUICK VIEW:

SUNRISE PRACTICE	Tuesday & Thursday 5:45 – 6:45am.....	Bodymindspiritworks Grafton
MORNING PRACTICE	Tuesday 9:00 – 10:15am	Bodymindspiritworks Grafton
	Thursday 9:15 – 10:30am.....	Lake Shore Dance Cedarburg
EVENING PRACTICE	Tuesday & Thursday 7:00 – 8:00pm	Bodymindspiritworks Grafton
WEEKEND PRACTICE	Saturday 9:00 – 10:15am	Bodymindspiritworks Grafton
KIDS AGES 5-8 YRS.	Thursday 10:45 – 11:15am	Lake Shore Dance Cedarburg
*TEENS AGES 11-17 YRS.	Wednesday 6:15 – 7:15pm.....	Lake Shore Dance Cedarburg
	*Teen Pilates will be starting October 6th!	