



***The Pilates Institute (SM) of Ft. Lauderdale***  
in conjunction with the  
***United States Pilates Association™ LLC***

Are Proud to Announce  
a Special Seminar featuring  
**Mejo Wiggin**  
&  
**Brett Howard**

**Saturday, May 3, 2008:** 9:00AM to 1:00PM: Mejo Wiggin

**Saturday, May 3, 2008:** 2:00PM to 5:00PM: Brett Howard

**Sunday, May 4, 2008:** 9:00AM-1:00PM Training Sessions with Mejo and Brett

**Location:** Pilates Institute (SM) of Ft. Lauderdale  
3342 NE 32<sup>nd</sup> St.  
Ft. Lauderdale, Florida, 33308  
Tel: 954 537 2110  
Fax: 954 467 6510  
[www.ThePilatesInstitute.net](http://www.ThePilatesInstitute.net)  
email: Alternativets@aol.com

**Seminar Fee:** \$375.00

Mat Class with Brett: \$40.00 (minimum 3);

Private Lesson with Mejo: \$100.00; semi private \$70.00

**Special Price for Early Registration!!!**

**REGISTER before April 15, 2008:** \$300.00 FOR SEMINAR; 10% off of  
Training Sessions

**See Registration form Annexed: Fax Completed Form to 954-467 6977**

**For Information**  
**888.484.USPA (8772)**

[info@unitedstatespilatesassociation.com](mailto:info@unitedstatespilatesassociation.com)

# The Pilates Institute<sup>(SM)</sup> of Ft. Lauderdale in Conjunction with the United States Pilates Association

ARE PROUD TO ANNOUNCE

MEJO WIGGINS

Saturday,

MAY 3, 2008

9:00 AM – 1:30 PM

The Pilates Institute  
(SM) of Ft Lauderdale



Photo courtesy of Mejo Wiggin.

Join Second Generation Teacher Mejo Wiggin as she gives a Classic Workshop on the **Guillotine/Cadillac and other Apparatus.**

MeJo began studying Pilates at The Pilates Studio™ of NY in 1990 where she began her extensive study with world-renowned **Master Teacher Romana Kryzanowska**, Sari Mejia Santo and Bob Liekens. She earned her certification and began teaching next to Romana at Drago's Gym in 1995. Since then, as a SECOND GENERATION Instructor she has taught apprentices and other teachers throughout the U.S. and Europe. MeJo is one of the Teacher Trainers for Romana Kryzanowska and Brooke Siler's Teacher Trainer program at Re:AB and has taught at various conventions, including the Classical Pilates Convention in Big Bear, Ca and the PMA. Mejo is also a Seminar Presenter for the United States Pilates Association™ LLC

**For Information Call:  
888.484.USPA (8772)**

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The Pilates Institute<sup>(SM)</sup> of Ft. Lauderdale in conjunction with The United States Pilates Association<sup>TM</sup>

Are Proud To Announce

Joseph H. Pilates  
Archival Seminar

Saturday,

May 3, 2008

2:00 PM – 5:00 PM

The Pilates Institute<sup>(SM)</sup>  
of Ft Lauderdale  
Brett Howard

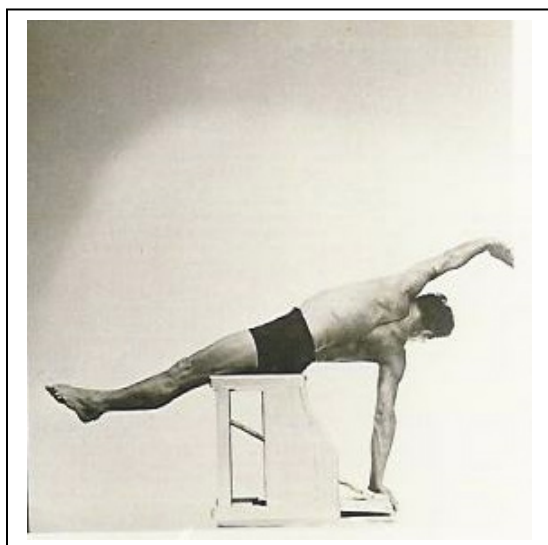


Photo courtesy of the United States Pilates Association<sup>TM</sup> LLC, Richtone Design Group LLC and Sean Gallagher © 1926 – 2006 and cannot be reproduced or copied in any manner.

Join Teacher of Teachers **Brett Howard** as he presents exclusive film and photos of the Master, Joseph H. Pilates, himself instructing and performing exercises that are not often seen or taught.

Brett Howard has been certified in the Authentic Pilates<sup>TM</sup> Method of Body Conditioning since 1998 and has been a Teacher-Trainer in the Method since 2003. He has trained with first generation teachers Romana Kryzanowska, Mary Bowen and Lolita San Miguel. He has appeared in numerous publications including the book "The Pilates Method of Body Conditioning". Brett holds a B.F.A. in Dance from S.U.N.Y. Purchase College Conservatory of Dance. He is currently a student at New York University Steinhardt School of Education, where he will receive his M.A. in Dance Education with a concentration in Higher Education. Brett has danced professionally with a plethora of dance companies and is Artistic Director and Choreographer of his own company "Brett Howard and Company". Brett Howard is a principal of the United States Pilates Association(TM)<sup>TM</sup> LLC as well as Educational Director of the Teacher Training Program.



