

# The United States Pilates Association™ Is proud to announce A Continuing Education Seminar



## ADVANCED SYSTEM WORKSHOP For the New York Pilates Studio®

### Certification Program

May 29<sup>th</sup> 30<sup>th</sup> 31<sup>st</sup>, 2009  
9:00 AM To 5:00 PM Daily

Art of Control

SUNY at Purchase College  
735 Anderson Hill Road  
Purchase NY 10577

Join Simona Cipriani as she  
reviews all of the advanced  
Authentic Pilates™ exercises

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[Simona Cipriani](#), Teacher/Trainer with the USPA, a Certified Instructor of the Pilates Method for over 12 years, directs The Art of Control®. Ms. Cipriani studied extensively with [Romana Kryzanowska](#) at Drago's Gym in New York City, where she taught by Romana's side. A former dancer for more than twenty-five years, Ms. Cipriani started performing at the age of fourteen in Italy. She has performed in both Europe and the United States. She has appeared frequently as a dancer on television and in commercials, and has appeared on television presenting The Pilates Method of Body Conditioning. As a ballroom dancer, she participates frequently in competitions, and is a consistent First Place winner. Ms. Cipriani has studied at Julliard and holds a B.F.A. in Dance from SUNY at Purchase and is also a licensed massage therapist in Connecticut and New York State. She is also a member of the AMTA, FENA, NCBTMB, and PMA. Ms. Cipriani currently travels in Europe and the United States teaching the Authentic Pilates Method. She has taught a series of workshops in Rome, Italy and extensively assisting Master Teacher, Romana Kryzanowska. Currently Ms. Cipriani is studying to be a [Feldenkrais Practitioner](#) and she was chosen to assist athletes as a massage therapist at the 2004 Summer Olympics in Athens, Greece, and the 2006 Winter Olympics in Torino, Italy.

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