

# FLEX

INTENSIVES

# Foundation Intensive

CLASSICAL PILATES

Build A Strong Foundation

GUANGZHOU

2 to 4 May 2025

LIMITED SPACES

REGISTER  
NOW!



Begin Your Journey With Us.

Workshop Fees: USD 1000

Email enquiries:  
[programs@flexstudiosg.com](mailto:programs@flexstudiosg.com)

## HEATHER THOMAS

Asia's Leading Classical Pilates Educator

Experience authentic Classical Pilates with lead educator Heather Thomas, bringing 20+ years of practice with multiple Pilates experts. Her expertise fosters transformative, lifelong movement improvement.

### What Sets Us Apart

#### Complete Training Manual

- Detailed Foundation exercise catalog
- Apparatus setup and purpose guides
- Historical context and methodology

#### Immersive Movement Practice

- Full apparatus circuit training
- Personalized hands-on adjustments
- Guided demonstrations
- Flow sequences across all equipment

#### Expert Lectures

- Movement principles and concepts
- Historical insights
- Apparatus functionality

FLEX  
STUDIO

zr15322359463 946201249

Room 1609, Central Plaza, Jianshe Road, Yuexiu District, Guangzhou © 13829768678

