

## **PiYo™ Strength: Make The Mat Your Friend**

Never thought mind-body formats could be your thing? We've been there. We know we should do it, but some of us need to find a class that meets us where we are and encourages us to explore where we need to go! Thank you, PiYo Strength! Designed to be a mind-body inspired workout that moves, discover ways to embrace the mat and bring Pilates and yoga benefits to those that might have resisted in the past. Not sure you can be quiet for an hour? Ain't worth it unless you're dripping? Trouble keeping still for more than 2 seconds? We've gotcha covered. Experience a no equipment, strength workout with a side of core and flexibility that will leave you rocked from head to toe. Whether you decide you want to teach the format or take away pieces to use for core classes and cool downs, PiYo Strength will make the mat your friend.

# **PB11**

**POWDER BLUE  
PRODUCTIONS**

## **W** hat?

### **\* Influence**

- Pilates
- Yoga
- Fitness
- Dance

### **\* Concept**

- Move your BODY
- Strengthen from the ground up
- Strength / Cardio / Flexibility / Core & MORE

## **W** hy?

### **\* Change it ...**

- Exposure
- Cross training

### **\* Fuse it ...**

- Audience
- Attention
- ADD

### **\* Bother ...**

- Function vs fashion!

## **H** ow?

### **\* Start to finish**

- PiYo™ Prep, Push, Power

### **\* Bits & Pieces**

- Strength
- Balance
- Flexibility
- Core

### **\* Signature Moves You can USE**

- Enjoy!

**Thank You For Attending This Workshop!**  
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