



## Method Putkisto Studio

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www.methodputkisto.com

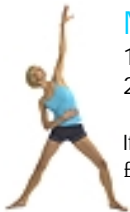
## Studio Bookings

For all enquiries, bookings and "exchanges" please email Julie Davies on studio@methodputkisto.com or contact me on 020 8878 7384 / 07946 597449

## Method Putkisto & MP Outdoor Movement Courses

A Course runs for 8 consecutive weeks\* consisting of 1 session per week. The Courses commence January 7<sup>th</sup> through to 13<sup>th</sup> December 2008.

If a client is unable to attend a class, they can "exchange" up to 3 classes within the Course provided they give notice well in advance of the class (24 hours) and a replacement class is booked simultaneously (subject to availability)



### Method Putkisto – 1 hour 15 min

1 Course (8 classes\*) £160; £20 per class  
2 Courses (16 classes\*) £288; £18 per class

If you wish to take an extra class during the Course: £20 per class

### MP Outdoor Movement – 45 min–1 hour

An original NEW MP System programme that teaches you to support, rotate and use your spine. An enjoyable experience in the fresh air.

1 Course (8 classes\*) £134; £16.75 per class  
2 Courses (16 classes\*) £240; £15 per class

If you wish to take an extra class during the Course: £16.75 per class



*If an instructor is unavailable for a session, she or he will be replaced, where possible by the designated "assisting" instructor for that Course who will be fully briefed about the needs of the class beforehand. Advanced notice will be given, as far as possible, and we will endeavor to keep changes to a minimum.*

## One-to-One Sessions

From £90 to £120/hour

\* Can be slightly longer or shorter to fit in with Easter, Bank Holidays and Christmas. Future Courses may be interrupted by 2 week breaks at Easter and Christmas. We reserve the right to alter the Timetable.

## MP Introductory Workshops



Essential for those who would like to experience the basics of Method Putkisto before embarking on a Course

The Workshop will run for 2 Hours, be limited to 4 clients and include a copy of "The Body Lean and Lifted" by Marja Putkisto £60

## MP 30 Day Programme

An Exciting programme for those who wish to make significant changes to their posture and body shape in just 1 month. For maximum results you will need to commit time and effort both in the studio and at home.

- Basic Package (3 ¾ hours tuition including 1 hour private session during 1 day at the Studio and then 3 x 45mins a week at home with a copy of "The Body, Lean and Lifted" book and DVD by Marja Putkisto ) £200
- Full Package (as above to also include a Method Putkisto mat, ball, and band) £240



## MP Face School

A unique MP programme that rejuvenates the facial muscles and is anti-aging. It is a fabulous programme suitable for all ages.



- 1 Course of 8 classes\*, 30 minutes each £80; £10/session
- 2 Courses of 16 classes\*, 30 minutes each 144; £9/session

\*If you wish to take an extra class during the Course: £10 per class.

## Masterclass Workshops by Marja Putkisto

Take the opportunity to learn from the creator of the Method  
2 hours £95



## Method Putkisto Instructor training

by MP Institute: Inquiries 0208 878 7384  
www.methodputkisto.com

**MP** denotes Method Putkisto. Method Putkisto is a protected trademark and can only be taught by qualified registered instructors.