



# INTRODUCTORY WORKSHOPS

Spring / Summer 2008



January & February	March & April	May & June
Monday <b>January 7<sup>th</sup></b> 12.15-2.30pm	Saturday <b>March 1<sup>st</sup></b> 2.30-4.45pm	Saturday <b>May 17<sup>th</sup></b> 2.30-4.45pm
Friday <b>January 18<sup>th</sup></b> 12.15-2.30pm	Monday <b>March 10<sup>th</sup></b> 12.15-2.30pm	Monday <b>May 19<sup>th</sup></b> 12.15-2.30pm
Saturday <b>January 19<sup>th</sup></b> 12.00-2.15pm	Friday <b>April 4<sup>th</sup></b> 11.00-13.15pm	Monday <b>June 9<sup>th</sup></b> 12.15-2.30pm
Monday <b>February 4<sup>th</sup></b> 12.15-2.30pm	Monday <b>April 14<sup>th</sup></b> 12.15-2.30pm	Friday <b>June 20<sup>th</sup></b> 11.00-13.15pm
Friday <b>February 22<sup>nd</sup></b> 11.00-13.15pm		Saturday <b>June 28<sup>th</sup></b> 2.30-4.45pm

2 Hour Workshops are limited to 4 clients to allow individual attention.  
The cost £65 includes a copy of Marja Putkisto's Book "The Body Lean and Lifted".



At the

**Method Putkisto Studio** we can teach you a new way to work with your body and skills for life. Our highly trained team of instructors will help you to find total body balance through specialised breathing, muscle stretching and strengthening. In this centre of excellence you will be given personal attention in small classes. Marja Putkisto, the founder of Method Putkisto, established the Studio in 2000. There are now 5 studios worldwide.