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NEWS RELEASE

FOR IMMEDIATE RELEASE

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UPCOMING OPPORTUNITY TO TURN DISTRESS INTO DE-STRESS

Lawrence Workshops Help Relieve Shoulder Stress and Neck Pain Now

LAWRENCE, KS (March 29, 2010) – On Saturday, April 10, 2010, Pilates Expert Aliesa George will teach a “Stress-Free Shoulders Workshop” from 11:00 a.m. to 1:00 p.m. at Pilates Performance and Rehab in Lawrence, KS. It is for people of all ages and fitness levels and will show participants how simple Pilates-based exercises can quickly and easily help relieve shoulder stress and neck pain for better health.

“One of the biggest complaints I hear from new clients is that they are sick and tired of experiencing neck and shoulder pain,” says Aliesa. She has designed the Stress-Free Shoulders workshop so that no Pilates experience is required to participate. She says, “This workshop is for everybody! If you’re a mom who spends lots of time lifting your baby, a college athlete, or work in a corporate office and spend time on the computer all day – everyone can discover valuable tips and easy exercises to help keep their shoulders safe and stress-free by participating in this Awesome Workshop™.”

Desima Dowdy, owner of Pilates Performance & Rehab, says they are excited to have Aliesa back in their studio to share her Stress-Free Shoulders Workshop with their clients and the community. Pilates Performance and Rehab is located at 4824 Quail Crest Place in Lawrence, KS. Registration information and more event details are available at <http://www.centerworks.com/upcoming-awesome-workshops/>.

About Aliesa George

Health Evolvment Specialist Aliesa George, founder of Centerworks Pilates, shares the message that good health is vital for success in both business and life. She is a high-energy, engaging and dynamic Pilates instructor, presenter, and wellness professional who has been sharing her expertise for over 25 years. Aliesa has also written many educational books and articles relating to Pilates, and has been featured in numerous publications including *Pilates Style Magazine*.

About Pilates Performance & Rehab

Pilates Performance & Rehab offers classical and clinical Pilates instruction provided by highly qualified practitioners and physical therapists in the Topeka, Lawrence and Kansas City areas. PPR's studios have received referrals for clients and patients of all ages and fitness levels from renowned orthopedic and neurosurgeons, KU Med, Children's Mercy and the Mayo Clinic, as well as from physical therapists, dentists, athletic coaches, riding instructors, music and dance teachers, and most importantly, highly satisfied clients. For more information visit www.pilatesperformanceandrehab.com

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