



Continuing Education Workshops

Workshop Description	Date	Cost
<p style="text-align: center;"><i>Cooking Made Easy!</i></p> <p>In this class, Cooking Made Easy, Chef Terrance will teach you how to cook grains by “other names.” When we think of grains, we often think rice, but Chef will introduce you two heirloom or locally grown whole grains and discuss how to use them as both featured and supporting dishes. He will teach you the importance of cooking grains in quality water/stock and discuss the value of adding herbs and fats/oils to cooked grains. Chef will introduce you the methods of properly steaming, searing, and sautéing veggies and will help you build confidence in knife usage by cutting veggies into uniform shapes. He will demonstrate and replicate how to properly steam, sear, and sauté veggies for maximum vitamin and nutrient retention/absorption. You will learn how to make a vinaigrette and/or sauce to enhance the cooked veggies.</p>	<p>12-3:30 PM</p>	<p>\$99</p>
<p style="text-align: center;"><i>12 Steps to Better Health</i></p> <p>Health is a journey, not a destination. It’s all about taking small attainable steps and enjoying the process. We will show you the process for picking one step for improvement—then, you choose when to tackle the next! You don’t need to follow the steps in any particular order. Trust your instincts and know that each change you make has a tremendous impact on your present and your future.</p>	<p>1/12 11:30 AM- 12:30 PM</p>	<p>FREE</p>
<p style="text-align: center;"><i>Essential Oils</i></p> <p>We invite you to this FREE workshop on the healing benefits of essential oil. You will learn about Young Living Essential Oils to enhance your wellness, purpose and abundance for a better life for you and your family. You will learn the different ways you can use essential and be introduced to TEN Everyday Essential Oils that will change your life!</p>	<p>1/12 2-3 PM</p>	<p>FREE</p>
<p style="text-align: center;"><i>Body Rolling w/Suz (Includes All Props)</i></p> <p>This workshop is designed to get you balanced--from head to toe! Using a series of Yamuna Body Rolling Balls, foam roller, tennis ball, wooden dowel and more, you will learn exercises that can help you balance your own body. Learn techniques to: release tight neck and shoulder muscles, lengthen hamstring and calf muscles and finally stretch and align the muscles of the feet. No matter how you come INTO this workshop, you will LEAVE balanced!</p>	<p>3/16 4-6 PM</p>	<p>\$125</p>
<p style="text-align: center;"><i>Spring Liver Detox</i> Weight Loss and Detoxification with Natural Foods</p> <p>This program is designed to motivate you in your process of REJUVINATION. We’ll guide you through a 10-day detoxification process using natural foods. You will receive a Detox guide, shopping lists, recipes and samples, and whole-food supplements (if you choose). This simple program produces profound results. We will guide you through process of creating healthy NEW eating habits --many participants report weight loss and improved health after just 5-days. Your program includes a 60-minute session on our BIOMAT, which will facilitate the detoxification process and warm you from the inside out! Become the HEALTHIEST YOU NOW!. Cost for program is \$145. \$10 off for returning detoxers.</p>	<p>4/6 & 4/13 12-3 PM</p>	<p>\$145</p>
<p style="text-align: center;"><i>Group Health Counseling</i></p> <p>This program is for anyone who is tired of all the INFORMATION on health and is ready for TRANSFORMATION! If you need support to obtain better health; please join us this winter and take small steps that will result in big progress! We all need someone to hold our hand from time to time. If you want to experiment with cooking, tasting, food design and love good food, this format is for you! If--you have tried other approaches to weight loss/better health and have failed—we want to work with you. If you find all of the conflicting diets, choices in supplements, and health fads confusing, we understand! If your goal is to reduce dependency on pharmaceutical medications, then join our community of like-minded people.</p>	<p>2/2, 2/9, 3/2 & 3/16</p>	<p>\$229</p>

MEET YOUR PRESENTERS ON THE BACK!





301-952-1111 | 973-498-6955 (fax) | www.pilatespluscenter.com

Pilates Plus Workshop Presenters



Susan Spangler, Health Coach
Owner Pilates Plus Wellness Center

Susan is a Pilates Method Alliance (PMA) Nationally Certified Instructor and a PMA business member. She is a Level III Comprehensive Peak Pilates Instructor. Susan completed the Certified Christian Yoga Teacher Training (CCYT) with Yahweh Yoga in Chandler Arizona in 2011 and completed her (RYT) Registered Yoga Teacher certification. Susan attended Balanced Body Yoga Therapy Training in Spring 2010. Ms. Spangler attended the Institute of Integrative Nutrition in New York City and is a Level II Raw Chef certified under Alyssa Cohen. Susan gained her certification as a Consulting Hypnotist and is a member in good standing in the National Guild of Hypnotists. Under the purview of Pro-Skills Plus, Ms. Spangler is a professional skills trainer and consultant delivering training programs and consulting with business, industry and government. She specializes in Stress Management and Customer Service.



Terrance Murphy, Chef
Owner, We'll Juice Mobile

Chef Terrance is a classically trained from the Art Institute Culinary School. He's worked in and run kitchens from "Café Green" vegan restaurant, Celebrity Chef Isabella's "Graffiato", Executive Chef at the Virginia Theological Seminary, and other reputable kitchens. His cuisine emphasis is local seasonal ingredients which he celebrates by hosting collaborative cooking demos with local agricultural organizations including, Accokeek Foundation, Taste of Southern Maryland, Centro Ashe Apothecary amongst others. He also operates and owns We'll Juice Mobile; a live organic juicing service hosted by Pilates Plus Wellness Center. Your taste-buds will be thoroughly thrilled by his no- frills, ingredient first approach to cooking.

