

DANCE ALIVE STUDIOS presents...

Pilates Workshops with Madison Rajchyba



Come out on **Sunday, November 19** to take Pilates with us!

Classes will be between 2:00 – 4:00pm

@ Saskatoon Pilates Centre (1801 Lorne Ave)

(Exact times determined based on interest.)

Class fee is only **\$15 per person** paid by cash, cheque, or e-transfer – if you need to cancel your spot, please do so with 48 hours notice.

If you want to sign up, text or call **Dance Alive Studios** at 306-914-5565 or email at contact@dancealivestudios.com.



About Madison Rajchyba:

Madison Rajchyba has over 20 years of dance training and over six years experience in various Pilates methods. She grew up participating in dance competitions in Saskatchewan and Alberta while studying CDTA jazz and tap, as well as receiving a grade of Distinction in her RAD Advanced 2. Her dance pursuits paid off when she was offered a full tuition talent scholarship to Adelphi University's Dance Program run by Frank Augustyn in New York. While there, she studied ballet, Classical Pilates and various modern dance techniques including Graham, Taylor, Mueller, etc. She is one of the few Adelphi dancers who have been in all eight possible performances throughout her degree. Within those four years, she also had the opportunity to perform at the Joyce Theatre in New York City, not once, but twice. Alongside her dance schedule, she partook and excelled in science-based classes to aid in her pursuit of medical school. She graduated Summa Cum Laude with a BFA in Dance and received the prestigious, outstanding dancer award, the Ruth St. Denis Award.

This past summer, alongside the medical school application processes, she has found the time to complete her teacher Pilates Mat Certification in Edmonton under her first pilates mentor, Steven Bryson.

What you can expect from her class is an educational and eye-opening movement experience. Her classes always start with breathing and internalizing one's focus. From there, she teaches how to access intrinsic core stabilizers via one's breath to achieve optimal alignment and muscle balances. Since there are many ways of learning, she teaches with her voice for the listeners, demonstrations for the visuals, and tactilely teaches for the kinesthetics. Questions and dialog in regard to what individuals are feeling during the movements is endorsed to encourage a learning environment for all!