

## **The Merrithew Mindful Movement World Tour 2013**

### **Expands with Dates in Shanghai Announced.**

#### **Train with the Leaders in Mind-Body Exercise.**

**Toronto – January XX, 2013** - Merrithew Health & Fitness™ (MH&F) is bringing STOTT PILATES®, ZEN●GA™, CORE™ and Stability Barre™ training around the world with the addition of Shanghai, China to its Merrithew Mindful Movement World Tour (#mmm2013).

The Mindful Movement World Tour is a celebration of the STOTT PILATES brand's silver anniversary, as well as an introduction to MH&F's other fitness brands. It provides an opportunity for STOTT PILATES Certified Instructors to continue their education and to network with some of the industry's most inspiring people. It is also an opportunity for fitness professionals who have never trained in mind-body modalities to receive a first-class introduction to mindful movement and programming. Each stop on the World Tour features a 3 day educational symposium and dates for Shanghai, China have just been announced.

In the 25 years since the formation of MH&F, more than 35,000 fitness professionals have trained in the STOTT PILATES method. More recently the company launched new fitness brands including: ZEN●GA, a synergistic blend of mindful movement modalities which is supported by exercise science and the newest findings in fascial fitness; CORE, a training program that focuses on functional fitness, targeting core strength and kinesthetic awareness, which together leads to improvements in total-body strength and power; and Stability Barre™, a high-energy program driven by music and focusing on strength, flexibility, stamina and dynamic stability. Foundation courses in each of ZEN●GA, CORE and Stability Barre will be featured at various stops of the world tour.

Featuring sought-after Merrithew Health & Fitness Master Instructor Trainers, John Garey, Kim Kraushar, and PJ O'Clair, each day of the Merrithew Mindful Movement World Tour will present a choice of sessions so attendees may tailor the event to suit their needs. Registration for Köln, New York City, Los Angeles, and Shanghai is now available at <http://www.merrithew.com/worldtour2013>. Prices begin at \$300 for four workshops to \$810 to attend all three days with an early registration discount in effect until January 31 for Köln, February 15 for New York City and Los Angeles and April 1, 2013 for Shanghai.

### **Merrithew Mindful Movement World Tour Itinerary\***

- April 12 - 14, [Cologne, Germany, Marriott Cologne](#)
- April 26 - 28, [New York City, Baryshnikov Arts Center](#)
- May 17 - 19, [Los Angeles, California, Marriott Manhattan Beach](#)
- June 28 – 30, Shanghai, China, Radisson Blu Hotel Pudong Century Park
- TBD, Osaka, Japan
- TBD, Madrid, Spain
- TBD, Brazil
- TBD, Melbourne, Australia
- November 8 - 10, London, England, YMCA Central London
- TBD, Mexico City, Mexico
- December 6 - 8, Toronto, Canada

\*Itinerary subject to change.

**Merrithew Health & Fitness™** is dedicated to building high-caliber, multi-disciplinary fitness brands for people of all ages, levels of fitness and abilities. For 25 years, Lindsay and Moira Merrithew have built their business on the philosophy that effective and responsible exercise is the foundation to a better lifestyle. STOTT PILATES®, MH&F's premier Pilates brand, delivers high-caliber education with over 35,000 students trained in 118 countries. Their other high-end fitness brands include CORE™ Athletic Conditioning & Performance Training™, and ZEN●GA™, an innovative fusion of exercise science and mindful movement. For more information please visit [merrithew.com](http://merrithew.com). Follow them on Twitter [@STOTT\\_PILATES](https://twitter.com/STOTT_PILATES).