

Merrithew Mindful Movement World Tour Announces Mexico City Date

Registration for mind-body fitness courses and workshops now available

Toronto – June 28, 2013 – Merrithew Health & Fitness™ (MH&F) is expanding the Merrithew Mindful Movement World Tour (#mmm2013) to include a stop in Mexico City, September 27 – 29, 2013. Registration for courses and workshops in STOTT PILATES®, ZEN•GA™, Total Barre™ and Core Athletic Conditioning & Performance Training™ programming is now available at Merrithew.com.

The Mindful Movement World Tour marks 25 years of the STOTT PILATES method and also serves as an introduction to MH&F's other branded programs ZEN•GA, Total Barre and Core Athletic Conditioning & Performance Training. Each stop on the World Tour features a 3 day educational symposium and allows 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.

“Over the past 25 years almost 38,000 fitness professionals have trained in the STOTT PILATES method,” explains Lindsay G. Merrithew, President and CEO of Merrithew Health & Fitness. “We anticipate significant growth in our Instructor Trainer network in Mexico, fueled by our partnerships with [Akro Studio](#) to host our education and with [Total Wellness](#) to distribute our equipment.”

Featuring sought-after Merrithew Health & Fitness Master Instructor Trainers Moira Merrithew, John Garey, Kim Kraushar and PJ O'Clair, each day of the Merrithew Mindful Movement World Tour presents a choice of sessions, allowing attendees to tailor the event to suit their needs. Registration for Mexico City is now available at 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 July 28, 2013.

All equipment, including the V2 Max Plus Reformers, Stability Barres and more, used during the courses and workshops are available for sale at 25% off the regular purchase price. For more information contact totalwellness@merrithew.com

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](#)
- July 5-7, [Osaka, Japan, Hearton Hall](#)
- TBD, Sao Paulo, Brazil
- September 27 – 29, [Mexico City, Mexico, Hilton Mexico City Reforma Hotel](#)
- TBD, Melbourne, Australia
- November 8 - 10, London, England, YMCA Central London
- TBD, Madrid, Spain
- December 6 - 8, Toronto, Canada

*Itinerary subject to change.

Merrithew Health & Fitness™ was co-founded by Lindsay and Moira Merrithew in 1988. For 25 years they have been dedicated to enriching the lives of others by providing responsible exercise modalities and innovative fitness brands across the globe. Merrithew's premier Pilates brand, [STOTT PILATES®](#), delivers best-in-class Pilates education and media to everyone from avid

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exercisers, elite athletes, and pre/post-natal clients, to rehab and fitness professionals, and is used by studios worldwide. Other high-end MH&F fitness brands include [ZEN•GA™](#), [Total Barre™](#) and [CORE™ Athletic Conditioning & Performance Training™](#). Merrithew Health & Fitness has trained almost 38,000 students in over 100 countries. Merrithew's Media Division (MMD) produces print and video-based content for professional and consumer markets. For more information visit merrithew.com.