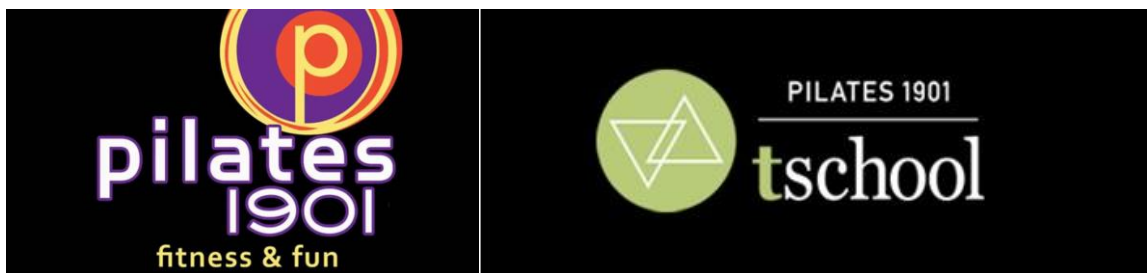


SUPPORT YOUR LOCAL FARMER WORKSHOP



With Craig & Victoria Marcklinger

Brought to you by Pilates 1901 and T School



Kansas City is thriving with a local food movement that is happening in your very own neighborhood! All over the metro, people are starting to grow their own food on small urban lots, and there's a whole network of farmers growing outside of the city and commuting their produce and meat into Kansas City each week to provide fresh and local food to the public.

Victoria and Craig Marcklinger are local residents with a passion for growing food and supporting the thriving Kansas City local food movement.

Their work revolves around not just growing food on their small urban plot, but educating and inviting others into the conversation of what it means to support the local economy through supporting our local farmers and in return the health and lifestyle benefits that it brings.

Craig has a background in Environmental Science and Victoria has experience working on organic farms and with community garden programs. (Victoria also works with us at Pilates 1901)

Eat Clean. Eat Local.

Transform Your Body and Your World.



PRIVATE
COACHING
special

SAVE \$54! Now Just **\$75** for 3 (29 Min) Sessions

CLEAN EATING JUMPSTART

In May... (beginning May 9th)

Tuesday Nights @ 7:30 pm – Two Minute Nutrition Tips with Tricia

www.facebook.com/tschoolonline.com

Thursday Nights @ 7:30 pm Q & A with Tricia on weekly tip topic

www.facebook.com/tschoolonline.com

#1901 WednesdayMantra- 6 week Meditation Series with Suba

www.pilates1901.com/meditation



In June...

Saturday, June 3rd @ 12:00 pm

T School Summer Liver Cleanse Workshop with Dr Alicia Johnson

www.pilates1901.com/liver-cleanse

