

# PHYSICALMIND INSTITUTE®

*This is to Certify that*

## K. Elizabeth Gilbert

*Has successfully completed*

**Initiation 101: THEMETHOD Pilates**

*A fifteen hour Professional Intensive Course  
in Pilates Matwork Exercises*

*Sophia Cannonier*  
Instructor

*Joan Breibart*  
Joan Breibart, President

*Signed this March 7<sup>th</sup> of 2004*