



CONNECTIONS | CAREERS | COMMUNITY

EWI JUNE CHAPTER MEETING

Wednesday, June 25, 2025

Empower Your Mind, Body & Career Through Classical Pilates

Presentation: The Power of Precision

How the Classical Pilates Method Empowers Women

Join us for an inspiring look at the Classical Pilates Method. Cecile will share its roots, key benefits, and why it's a powerful tool for women in leadership, wellness, and longevity – offering practical takeaways for daily life.



Cecile Haque is a classically trained ballet dancer and founder of Cecile Classical Pilates. Originally from France, her lifelong journey in movement has taken her from elite dance institutions to international Pilates teaching. With over nine years of experience and training under second-generation teacher trainers, Cecile now specializes in helping women move with strength, confidence, and grace—both in and out of the studio. Her sessions are known for their precision, elegance, and long-lasting impact on posture, energy, and vitality. Cecile warmly invites the women of EWI to experience this transformative work in a supportive, focused environment designed to uplift and empower every body.

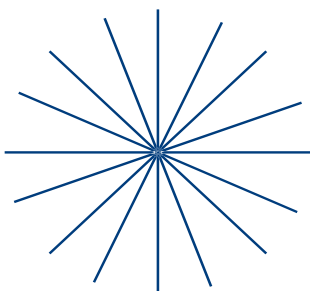
Follow Cecile:

Instagram: [@cecilepilates](https://www.instagram.com/cecilepilates)

Please join us at Outlook Nebraska

4125 South 72nd Street, Omaha 68106

**Consider comfortable clothing/shoes for stretching and moving.
Bring a Yoga mat if you have one!**



- 5:30PM – Registration/Networking
- 6:00PM – Introductions, Inspiration and Dinner
- 6:30PM – Program, followed by Member Spotlight

\$30.00 per person

RSVP by **Wednesday, June 18th**

SUPPORT YOUR PERFORMANCE, POSTURE & WELL BEING