

back in motion PILATES

ACCREDITED MAT COURSES 2010

At Back in Motion we have been running Pilates Mat Courses for Physiotherapists since 1997. Our methods have been developed through years of experience, a variety of Pilates philosophies and masters level-research involving Pilates.

- Three levels of Pilates Mat Courses for registered Physiotherapists only
- All courses are fully NZ College of Physiotherapy Accredited
- Run by a team of nationally recognised Physiotherapists & Pilates Instructors

Mat Level 1

History and principles of Pilates; Lumbar stability and EBP, rehabilitation concepts, Level 1 mat exercises.

Auckland Feb 27-28

Dunedin April 17-18

\$650

Mat Level 2

Review, neutral spine and TAB alternative teaching methods, assessment using Pilates methods, pathology based class design, Level 2 mat exercises & classes.

Auckland June 12-13

Dunedin July 17-18

\$650

Mat Level 3

Exercise progression and modifications, case histories; Level 3 mat exercises principles and classes, of exercise adherence and motivation.

Auckland August 21-22

\$650

Machine Course

Auckland

October 30-31

\$650

Special Mat Combo Offer

Payment for enrolment in all 3 Mat courses and certification in the same calendar year is reduced from \$2150 to \$1740 (including \$200 Certification Fee) - save \$410. Payment in full four weeks prior to first course commencing.

Course fees include course materials, morning and afternoon teas. Registration closes 4 weeks prior to course commencing, cancellation fees

To register for courses or for information on our ranges of Pilates equipment please contact us:

Tel 03 477 1680 Email admin@backinmotion.co.nz Website www.backinmotionpilates.co.nz



Check our web site for Pilates machine sales: www.backinmotion.co.nz