

back in motion PILATES

ACCREDITED PILATES COURSES 2011

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 26-27

Dunedin March 26-27

\$670

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 11-12

Dunedin July 2-3

\$670

Mat Level 3

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

Auckland August 13-14

\$670

Neuro Courses

Auckland

Level 1

March 5-6

Dunedin

Level 1

November 5-6

\$670

Machine Course

Dunedin

Level 1

April 9-10

Auckland

Level 1

September 3-4

Auckland

Level 2

November 5-6

\$670

Special Combo Offer

Payment for enrolment in all courses and certification in the same calendar year is reduced from \$2010 to \$1810 (including \$220 Certification Fee) - save \$200. Payment in full four weeks prior to first course commencing.

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

Tel 03 477 1680 Email albanypilates@backinmotion.co.nz



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

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