

Pilates Instructor Courses Dunedin - 2017



 **Running Courses since 1997**

 **On-site Refresher Courses**

Level 1 Clinical Pilates Mat Course - Mar 25 & 26

- The history and principles of Pilates
- Lumbar stability and EBP
- Rehabilitation concepts
- Level One Pilates Mat Exercises

Level 2 Clinical Pilates Mat Course - May 27 & 28

- Review Level 2 mat exercises & classes
- Neutral spine & TAB alternative teaching methods
- Assessment using Pilates methods
- Pathology-based class design

Level 3 Clinical Pilates Mat Course - Aug 26 & 27

- Exercise progressions and modification
- Case histories
- Level Three mat exercises
- Exercise adherence and motivation

All courses are just \$670 each
(or receive a discount for all 3 Mat Courses)

Special Combo Offer - Save \$200!

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

To signup or for more info

Phone 03 477 1680

Email albanypilates@backinmotion.co.nz

