

## PLAN YOUR PILATES TRAINING



PILATES  
LEVEL 1:  
MAT




PILATES  
LEVEL 2:  
REFORMER




PILATES  
LEVEL 3:  
CCSB

### PROGRAM HIGHLIGHTS

- History of Pilates
- Body Harmonics cueing formula™
- Body Harmonics progressive sequencing™
- Mat Foundations + Classical Repertoire

### PROGRAM HIGHLIGHTS

- Basic postural analysis
- Movement sequencing
- Complete Reformer repertoire
- Modifications

### PROGRAM HIGHLIGHTS

- Lumbopelvic rhythm
- Spinal motion by spinal section
- Scapulohumeral rhythm
- Complete Cadillac, chair, springboard and barrels repertoires
- Modifications

#### Pilates Level 1: Mat & Pilates Level 2: Reformer

Mat Foundations, Module 1: Jan 11–13, 2019, 12–7pm

Mat Classics & Innovations, Module 2: Feb 1–3, 2019, 12–7pm

Reformer Foundations, Module 1: Feb 22–24, 2019, 12–7pm

Reformer Intermediate & Advanced, Module 2: Mar 15–17, 2019, 12–7pm

Mat & Reformer Core Integrity & Innovations, Module 3: Mar 29–31, 2019, 12–6pm

Mat & Reformer Advanced Teaching Methodologies, Module 4: Apr 13–14, 2019, 12–6pm

#### Pilates Level 3: CCSB

Module 1: Sep 13–15 (Fri–Sun, 12–7pm)

Module 2: Oct 11–13 (Fri–Sun, 12–7pm)

Module 3: Nov 1–3 (Fri–Sun, 12–7pm)


Module 4: Nov 22–23 (Fri–Sat, 12–7pm)

 BEGINNER


 INTERMEDIATE

 ADVANCED


### WINTER/SPRING


 Anatomy in Motion  
Jan 6 (Sun, 12–6pm)


 Breathing Mechanics and Protocols  
Jan 25 (Fri, 12–pm)


 Vertical Repertoire  
Jan 26, 27 (Sat–Sun, 12–6pm)

 Core Integrity  
Mar 30, 31 (Sat–Sun, 12–6pm)

 Client Assessment Protocols  
Apr 27, 28 (Sat–Sun, 12–6pm)


 Cervical Spine Mechanics and Protocols  
May 17 (Fri, 2–6pm)


 Post-Rehab Protocols: Spine  
May 18,19 (Sat–Sun, 12–6pm)


 Osteopenia, Osteoporosis and Orthopaedic Health  
May 31 (Fri, 12–6pm)

Special Offer  
Register for any 2 continuing  
education workshops and save 10%

### SPRING/SUMMER

 Unlock the Mighty and Mysterious Psoas  
Jun 1 (Sat, 12–6pm)


 Handedness and Scoliosis  
Jun 2 (Sun, 12–6pm)

 Myofascial Lines of Movement  
Jun 15, 16 (Sat–Sun, 12–6pm)

 Balance Apparatus  
Jun 29 (Sat, 12–6pm)

 Resistance Apparatus  
Jun 30 (Sun, 12–6pm)

More Savings!  
Refer a friend and you both receive 10% when you  
register for the same workshop.

 Build a Strong and Supple Spine  
Jul 12 (Fri, 6–9pm)

 Neurophysiology 101  
Jul 13, 14 (Sat–Sun, 6–9pm)


 Simplifying the Shoulder Complex  
Aug 2 (Fri, 2–5pm)


### FALL/WINTER


 Ethical and Conscious Touch  
Aug 2 (Fri, 6–9pm)

 Post-Rehab Protocols: Shoulder  
Aug 3, 4 (Sat–Sun, 12–6pm)


Post-Rehab Series Discount  
Register for all 3 Post-Rehab Protocols workshops  
(Spine, Hip/Knee & Shoulder) and save 20%

 Power and Balance for Hip and Knee  
Sep 27 (Fri, 6–9pm)

 Foot and Ankle: The Body's Spring System  
Sep 28 (Sat, 12–6pm)

 Gait Analysis  
Sep 29 (Sun, 12–6pm)

 Movement and Exercise for Pregnancy  
Nov 24 (Sun, 12–6pm)

 Arthritis: The Modern Epidemic  
Dec 13 (Fri, 12–6pm)

 Post-Rehab Protocols: Shoulder  
Dec 14, 15 (Sat–Sun, 12–6pm)