



PROGRESSIVE MATWORK - 1 DAY WORKSHOP

WHAT WILL I LEARN?

This workshop will give you new ideas and exercises to refresh and inspire your Pilates repertoire. It will build on the knowledge and exercises learned in our Matwork Pilates and progress and advance the Joseph Pilates and Modern Pilates exercises. It will also look at advanced teaching skills and develop your knowledge giving you the confidence to develop your teaching style. This workshop is also open to teachers who have qualified with other Pilates organisations at level 3. This inspirational day will give you an abundance of ideas and exercises to ensure your classes are creative and progressive.

CONTENT:

The workshop is delivered through theory and practical sessions and will explore a wide range of exercises including:

- Postural analysis and corrective exercises
- Progressions of Modern Pilates exercises
- Advanced teaching skills
- Class variety and format

PREREQUISITES:

Students must meet the prerequisites prior to applying:

- Hold CYQ level 3 or equivalent qualification
- Currently teaching Pilates classes on a regular basis

ASSESSMENT REQUIREMENT:

- No formal assessment
- Practical workshops enable students to be given feedback throughout the course.



EDUCATING MINDS TO STRENGTHEN BODIES

WILL I RECEIVE A CERTIFICATE?

YOU WILL BE GIVEN A PROFESSIONAL FITNESS & EDUCATION 'CERTIFICATE OF ATTENDANCE' ON THE DAY.

If you would like more information or to book your place on this course please contact us:

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