

## Pilates Mat 1 Course Training with Laura Weston-Jabali

***"If you missed the MAT 1 COURSE last February, GOOD NEWS! It will be offered again in March 2012" (see the details below)***

**PRE-REQUISITE:** 20 Pilates Mat Classes

**DETAILS:** Mat 1 includes an introduction to the history and principles of Pilates, pre-Pilates, beginning and intermediate level exercises with modifications, lectures on class order and programming in a group setting, and guidelines for teaching seniors and pre / post-natal classes.

**DATES:** March 29<sup>th</sup> – 4:00PM-8:00PM – Emirates Hills  
March 30<sup>th</sup> – 1:00PM – 7:00PM – Jumeirah Town Centre  
March 31<sup>st</sup> – 12:30PM – 6:30PM – Jumeirah Town Centre

**Required No. of Students:** Minimum of Four (4)

**PRICE:** AED 1,650.00

**MANUAL:** AED 200.00



### Laura's Bio:



**Laura** has been in Dubai and with ZenYoga since August, 2007.

She is a certified yoga teacher as an E-RYT 200 through Yoga Alliance as well as a Faculty Trainer for Balanced Body.

Her passion for movement is naturally given & expressed with a creative feeling of mind, body & spirit awareness.

She teaches Vinyasa Flow, Yogilates, Prenatal, Pilates Mat and Pilates Reformer.

- \* A non refundable deposit of 50% of the total workshop cost is required to reserve your space
- \* Final payment must be made 1 week before the course will start
- \* For further information, please email Laura directly at [laurawestonjabali@gmail.com](mailto:laurawestonjabali@gmail.com)