

Pilates Chairs & Barrels Training with Laura Weston-Jabali

Pilates Chairs & Barrels Training

PRE-REQUISITE: Reformer 2 or Equivalent

DETAILS: **Pilates Chair training includes an introduction to the Pilates Combo, EXO and Wunda Chairs, as well as instruction on the complete repertoire for beginning, intermediate and advanced levels. Using the Chair for sports specific conditioning along with programming sports specific conditioning along with programming for personal training and group classes is included.

**The exercises for the Step Barrel and Ladder Barrel are covered in detail along with applications for personal training and group classes.

DATES: April 13th, 14th, 20th & 21st

TIME: 12:30PM – 6:30PM

PRICE: Chairs - AED 1,800.00
Barrels- AED 1,400.00

EACH MANUAL: 200 AED

LOCATION: Zen Yoga Jumeirah Town Centre Studio



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 & 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