Pilates Mat 1 Teacher Training course

Pre Requisite: 20 Pilates Mat classes
*** 14 hours minimum of an Anatomy course is highly recommended
Price: AED 1650, payable to ZenYoga
Manual: AED 200.00 (Payable to Laura)
Date/Time:
  - Thursday 14th March/ 5 – 9pm/ DMC Studio
  - Friday 15th March/ 1 – 7pm/ DMC Studio
  - Saturday 16th March/ 12:30 – 6.30pm/ EH Studio
Location:
  - ZenYoga, DMC and EH Studios

*A minimum of 4 attendees is required to run the course

Pilates Mat Instructor Training Program

Modules: Mat 1 and Mat 2
The Balanced Body Pilates Mat instructor training includes the complete Pilates Mat repertoire as well as an introduction to the movement principles that make Pilates such a successful exercise program. Modifications and variations are included to help you successfully teach a wide range of clients. Balanced Body Pilates Mat instructor training will empower you to become a successful, creative and transformative Pilates teacher.

Our Mat instructor training program includes:
Exercise instruction in the complete Pilates Mat repertoire
- A comprehensive manual consistent with current national standards
- Cueing, coaching and teaching tips for clients at different levels of ability
- Safety information for teaching older adults, pre- and post-natal women and clients with back, knee, neck and shoulder conditions
- Tips on teaching successful group programs

Mat 1 (16 hours)
Introduction to Pilates & Beginning/Intermediate Exercises
Prerequisites: 1 year experience teaching movement, anatomy, 20 Pilates Mat class sessions
Mat 1 includes an introduction to the history and principles of Pilates, beginning and most intermediate level exercises with modifications, lectures on class order and programming in a group setting, and guidelines for teaching seniors, pre-, and post-natal classes.

A NON-REFUNDABLE deposit of 50% of the total Workshop’s Cost is required to reserve a space
Registration is due 1 week prior to the course
For any further information, please email Laura at laurawestonjabali@gmail.com

Patience and Persistence are vital qualities in the ultimate successful accomplishment of any worthwhile endeavor

Joseph Pilates