

# Pilates Trapeze Table/Cadillac Training

with Laura Weston-Jabali

## Pilates Trapeze Table/Cadillac Training

**PRE-REQUISITE:** Reformer 2 or Equivalent

**DETAILS:** Cadillac training includes instruction on equipment safety and set up, exercises for beginning through advanced level clients, and incorporating the exercises into a complete workout for Pilate's personal training or circuit training classes. The Cadillac is excellent for teaching the principles to new clients, refining movement patterns for post rehabilitation and challenging your most advanced students.

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

**PRICE:** AED 2,200.00

**EACH MANUAL:** 200 AED

**LOCATION:** Zen Yoga Jumeirah Town Centre Studio

**DATES:** 17<sup>th</sup> March 2012 - 12:00PM – 7:00PM  
 23<sup>rd</sup> March 2012 - 12:00PM – 7:00PM  
 24<sup>th</sup> March 2012 - 12:00PM – 7:00PM



### 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](mailto:laurawestonjabali@gmail.com)