

CONTINUING EDUCATION PROGRAMS PERTH 2011

PILATES ARC: REFORMER ON THE ARC AND ARC ON THE REFORMER

Sally Anderson

Saturday 9th April 2011 9.00 – 12.00am \$ 132.00

Have some fun learning a complete Reformer program on the Pilates Arc as well as learning to utilize the Pilates Arc on the Reformer to aid application of the work, special needs and for challenge variations.

ADVANCED PROGRAMMING & APPLICATION: ADDRESSING COMMON FAULTY MUSCLE PATTERNS

Sally Anderson

Saturday 9th April 2011 1.00 – 4.00pm \$ 220.00

Sally has a philosophy of working with whatever is right for the client and incorporates her knowledge of various Pilates approaches to her teaching, along with the knowledge gained from nutritional medicine and sports medicine studies. This workshop program will offer strategies for exercise selection and programming to assist chronic change in common faulty muscle patterns so often found in our clients. A knowledge of The PIC System™ or similar programming system is preferred.

MATWORK

Shauna Hall

Saturday 20th August 2011 10.30am – 12.00pm \$ 33.00

Join Shauna for a challenging, energizing and balancing workout on the Mat, including variations drawn from her Vital and Active health series.

SPINAL FITNESS: PART I

Shauna Hall

Saturday 30th July 2011, 12.30 – 5.00pm \$ 165.00

The importance of back care and rehabilitation has long been debated. How do we really know we are doing the right thing when prescribing exercises for this population group? What is the main focus of back care, strength, flexibility, endurance or power? Do abdominal strengthening exercises actually help clients with back problems or contribute to further dysfunction or pain. Let's look further in to the evidence – based prevention and rehabilitation protocols in current use. Assessment or current myths and confusion around back disorders will be discussed. Within this workshop we develop the core program addressing three stages of spinal fitness.

- Stage One: Groove motion/motor patterns
- Stage Two: Building whole body and spinal stability
- Stage Three: Endurance

MATWORK

Shauna Hall

Saturday 19th November 2011 10.00am – 11.30pm \$ 33.00

Join Shauna for a challenging, energizing and balancing workout on the Mat, including variations drawn from her Vital and Active health series.

MIND YOUR STRESS: PILATES EXERCISE AND MENTAL HEALTH

Shauna Hall

Saturday 19th November 2011 12.00am – 5.00pm \$ 220.00

Chronic stress can affect human health through a myriad of behavioural and biochemical pathways. This workshop focuses on some key hormonal and metabolic responses that occur within the body stimulated via chronic stress. Much research has been linked to the slowing of cognition and motor decline during ageing via means of an active lifestyle and mindful exercise. We thereby examine the possible ways physical exercise counteracts stress. Discover how the brain changes physically in response to experience, and new mental skills can be acquired with intentional effort, focused awareness and concentration. Evidence has been collected throughout many studies to reveal that the process of “Neuroplasticity” is enhanced by such factors as physical exercise that incorporates focused attention, skill challenge, novelty and emotional arousal. This presentation is suitable for students, instructors and practitioners who are interested in delaying the aging process and preventing disabling diseases such as Alzheimer’s within their target population. The Pilates Method has long been described as a mind-body integration therapy, therefore this extensive repertoire has enormous potential in the management of stress, mental health, release of negative emotions including anger and irritability, along with promoting positive outlook and mood enhancement.

PRESENTER BIOGRAPHIES

Sally Anderson

Sally is the Director of Pilates International Pty Ltd, incorporating Pilates International Training Centre (PilatesITC) and Pilates International Studios (licensed). Sally has recently led the upgrade of PilatesITC qualifications to the new outcomes, giving the industry it’s first Advanced Diploma level qualification. In addition to her own Advanced Diploma Pilates qualification and over twenty years experience in the Pilates Method, Sally holds Cert IV in Training & Assessment and is currently completing an Advanced Diploma in Nutritional Medicine. Sally is founding and current President of the Pilates Alliance Australasia and founding co-director of the annual industry conference Mind Your Body. PilatesITC is a Registered Training Organisation (RTO No. 90901) and internationally registered with the Pilates Method Alliance (USA). Sally continues to deliver education worldwide and is thrilled to have recently been invited to deliver training for the dynamic new ‘Pilates Anytime’ online programs for USA. You can follow Sally on twitter at s_andersontweet

Shauna Hall

Shauna's qualifications include: MA Womens Health, Bachelor Arts (Dance), Registered Nursing Sister, and Diploma of Professional Pilates Practice. Shauna commenced her Pilates training in 1986 and has since completed full certification from Body Arts and Science (USA) followed by upgrading that training to the Diploma of Professional Pilates Practice. Shauna has worked with renowned Pilates teachers such as Rael Isacowitz, Romana Krysanowska, Brent Anderson, Kathy Corey And Karen Clippinger. In 1994, Shauna was a founding member of the Australian Pilates Method Association; the national administrator (Australia) Body Arts and Science, and was an elected board member for the Pilates Alliance Australasia. Shauna is a sought after presenter and mentor in all aspects of Pilates and specialised health and well-being. Since 1990 Shauna has owned and operated three Pilates studios, before moving to Melbourne and focusing on her continuing post-graduate education and research. Shauna is currently completing post graduate studies in Pharmacology.

HOW TO REGISTER

For a Registration form or for more information on these presentations please email PilatesITC on info@pilatesitc.com or call 02-9440 7344

ACCREDITED PILATES TRAINING COURSES

PilatesITC will be delivering accredited Pilates specialist course in Hobart commencing 5th February 2011. These include government endorsed Certificate IV and Diploma qualifications. All Course information and application forms are available by contacting PilatesITC on info@pilatesitc.com or call 02-9440 7344

