

“It’s The Little Things That Count”

Presented by Olga Tamara



SYDNEY: SUNDAY 29 October 2017 - 9am-5pm

VENUE: Authentic Pilates Studio - 73 Justin Street Lilyfield NSW

PHONE: (02) 98187611

MELBOURNE: SUNDAY 12 November 2017 - 9am-5pm

VENUE: Authentic Pilates Melbourne - 403 Hampton Street Hampton Vic

PHONE: (03) 0412 513 955

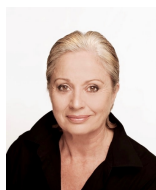
This workshop is a run over a full day and is designed to introduce Instructors to the Authentic Pilates method with emphasis on working with the small apparatus not commonly used in the Pilates studio.

Join us as we learn and play with the little things that count!

In this full day workshop, we will be working with - Joe’s gadgets and cover exercises on the original pedi-pole. We will work the magic circle, toe corrector, 2x4, foot corrector, breath-a-ciser, sand bag, magic circle, neck stretcher, and the baby arm chair. How can they be used to gain the greatest benefit? How do they fit with the rest of the Pilates "system"?

Be prepared to have fun, learn and workout!

This will be a combination of discussion and interactive practical experience where attendees will participate, and gain an understanding of how the small, underused Pilates apparatus are so valuable within the system.



Director and Principal Teacher Trainer - Authentic Pilates Education
International Pilates Presenter for A.P.E
Director - Authentic Pilates Studio
PAA Member - Principal Trainer

SCHEDULE

SUNDAY OCTOBER 29 2017

9am – 12pm

“Magic Circle Mat and other fun bits!”

Be inspired to use the Magic Circle on a daily basis in your mat work. Warm up with a Magic Circle Mat class before exploring the Foot and Toe corrector and 2 x 4, to increase mobility in your feet while releasing the plantar fascia on the soles!

These foot gadgets will influence how your ankles, knees, hips and spine all move and align with one another. We will also work with some hands towels and marbles. Great exercise to give your clients to practice at home!

12.00pm – 1.00pm LUNCH

1.00pm – 4.00pm

“ Discover The Baby Chair plus more small gadgets! ”

Feel the work on the wonderful “Baby Chair”. The Arm Chair is the best upper body fix-it tool in the Pilates shop! “Just get the basic 3 exercises down and let the repairing begin!”

You will also work on the “Neck Stretcher” which sure looks scary but it’s “gold” when it comes to helping release head and neck tension as well as targeting the powerhouse.

The breath-a-cizer will help strengthen and increase lungs capacity, while the Sand Bag will improve wrist and hand articulation, at the same time as strengthening the core. This little gem is just the thing for clients who complain of weak wrists, carpal tunnel syndrome, and arthritis in the fingers.

Lets not forget the “Pedi Pole”. It’s fabulous for balance, and posture and is designed to create length in your spine to make you taller while relaxing tension from the shoulders and putting your head back where it belongs (*techno neck be gone!*).

“IT’S THE LITTLE THINGS THAT COUNT”

Hosted by Authentic Pilates Education
And Authentic Pilates Melbourne

REGISTRATION DETAILS:

Name _____

Email: _____

Mobile _____

EARLY BIRD RATE

NB: EARLY BIRD RATES END ON: SYDNEY – 6th October / MELBOURNE 20th October

box;

Date: SUNDAY 29 OCTOBER 2017 / 9.30am-4.30pm
Venue: AUTHENTIC PILATES STUDIO - 73 Justin Street Lilyfield NSW

Date: SUNDAY 12 NOVEMBER 2017 / 9.30am-4.30pm
Venue: AUTHENTIC PILATES MELBOURNE - 403 Hampton Road Hampton Vic.

TOTAL \$ 265 each / full day

FULL RATE:

box :

Date: SUNDAY 29 OCTOBER 2017 / 9.30am-4.30pm
Venue: AUTHENTIC PILATES STUDIO

Date: SUNDAY 12 NOVEMBER 2017 / 9.30am-4.30pm
Venue: AUTHENTIC PILATES MELBOURNE

TOTAL \$ 295 each / full day

C/C Payment Details **Please circle one** Visa MasterCard Bankcard

CardNo: _____ Expiry: __/__ Code: _____

Amount: \$_____ Name on Card _____

Card Holders Signature: _____ Date _____

NOTE: workshop fees are non refundable unless there are special circumstance.

Please scan your booking form and email to: olga@authenticpilates.com.au