



# Instructor Foundation Course Mat Level 1



ZEN•GA™ is a synergistic blend of Pilates, Yoga and Dance, supported by exercise science and the newest findings in fascial fitness that brings about clarity of the mind while releasing body tension through purposeful movement.

ZEN represents the search for inner discovery, while YOGA symbolizes the way to reach it. Together they form ZEN•GA, which focuses on core stability, stamina and resilience while attaining a state of presence. The increase in demand on your neuromuscular system allows you to reap the benefits of improved strength, clarity and overall fitness.

### Course Description:

The ZEN•GA Mat Course will help us explore the foundational principles that make up the method and apply them to movement programs designed to help reach the desired goals. This is a seven-hour in-class training (plus one-hour break); and some yoga or other mind-body training is highly recommended.

### Foundation Course Objectives:

Upon completion of the ZEN•GA Instructor Foundation course, you will have learned everything you need to:

- ▶ Explain the origins of ZEN•GA and be able to define what it is
- ▶ Summarize the ZEN•GA principles and explain how they are incorporated in movement: Breath, Support, Yield, Flow
- ▶ Teach a ZEN•GA Foundation class to any level participant
- ▶ Effectively teach ZEN•GA programming to a client at any level
- ▶ Explore foundational movement patterns and the fascial system through movement
- ▶ Experience programming ideas that bring the principles to application

### Prerequisites:

These courses are intended for those already working in the fields of fitness or movement who hold a related certification and/or degree. Individuals who do not possess this background may still participate in the courses and will be issued a letter of completion, but will not be granted an instructor qualification. A history of participation in fitness or movement is highly recommended for anyone wishing to take these courses.

### Equipment used in the course (1 per 2 students):

- ▶ Mat (yoga or Pilates)
  - ▶ Flex-Band® (regular strength)
  - ▶ 7", 10" & 12" Mini Stability Ball™

### Required Course Materials:

- ▶ 1 set of course notes – ZEN•GA™ Instructor Foundation Course, Mat Level 1

### Duration:

- ▶ 7 hours in class training (plus one-hour break)

### Certification:

Participants will receive a certificate, as well as a letter of completion. There is no exam or certification process.

### Cost for Students

#### ZEN•GA Instructor Foundation Course Equipment Level 1 – 7 hours

cost per person	£275
course materials	Included

#### CECs:

0.7 STOTT PILATES

#### Upcoming Training Schedule

Saturday June 3<sup>rd</sup> 2017  
Times:- 9.30 to 5.30 (includes 1 hour lunch break)

Courses are limited to 12 participants.

#### For more information and to register contact

Chrissy Connelly email [chrissy@principlepilates.com](mailto:chrissy@principlepilates.com)  
phone 07817 262549

Principle Pilates  
Unit 13, Universal Marina,  
Crableck Lane, Sarisbury Green  
Southampton.  
SO31 5FZ.