# Principle Teach

STOTT PILATES®

# Intensive Barrels

## ABOUT THIS COURSE

The Intensive Barrels course gives you a thorough grounding in working with three key pieces of barrel equipment — building your skills in designing programmes that support spinal health, flexibility and stability for your clients.



## WHAT YOU'LL COVER

- Ladder Barrel, Spine Corrector and Arc Barrel
- Essential and Intermediate level exercises
- Spinal support in flexion, lateral flexion and extension
- Programme design for a range of body types

## PREREQUISITES

You must have completed one of the following prior to attending:

- Intensive Mat-Plus (IMP)
- Intensive Reformer (IR)
- Comprehensive Mat & Reformer (CMR)

## COURSE DETAILS

**DATES**
17th & 18th April 2026

**TIMES**
17th: 1:30pm – 7:00pm
18th: 9:30am – 3:00pm

**COURSE FEE**
£420

**MATERIALS**
£175
3 manuals + digital content

**DEPOSIT**
£200 to secure your place

**VENUE**
Principle Pilates
Southampton

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