Principle Teach

Intensive Mat Plus



ABOUT THIS COURSE

IMP provides the solid foundation needed to develop effective and motivating personal training and group programs. Learn to design and teach Level 1 (Essential & Intermediate) Matwork repertoire, integrating light equipment to meet the needs of clients.

WHAT YOU'LL COVER

- Workout composition for personal and group training
- Essential, Intermediate, Power workouts
- Flex-Band®, Fitness Circle® and Arc Barrel workouts
- Effective communication and observational skills, verbal cueing and imagery for performance enhancement and client motivation
- Modifications for specific body types, postural issues and conditions
- How to incorporate resistance equipment to support and intensify exercises
- Theory and practice of postural analysis
- Exercise layering related to effective program design
- 63 exercises plus multiple modifications

PREREQUISITES

- Working knowledge of functional anatomy
- Three-plus years teaching movement or fitness*
- 30 hours Pilates classes/workouts

www.principlepilates.com

STOTT PILATES®

COURSE DETAILS

DATES

15th - 17th January
5th - 7th February
12th - 13th March

TIMES

Fridays	13.30 – 19.00
Saturdays and Sundays	09.30 – 15.00

COURSE FEE

£1400 to be paid in full by 18th December

MATERIALS

£140 Manual – digital content`

£27.50 Support Manual (if not previously purchased)

DEPOSIT

£280 to secure your place

VENUE

Principle Pilates
Southampton