

PILATES MAT LEVEL 1

with Cathleen Murakami

May 29, 30 & 31, 2009

Friday 5–8 PM, Saturday & Sunday 11-6 PM

\$475.00

The **SynergySystems®** Pilates Mat Certification Course offers the finest training available for individuals looking to become not only knowledgeable in the entire classic Pilates mat repertoire, but who wish to fully understand the true essence of this method. Pilates mat exercises can be extremely challenging in their original form for the average client you will be instructing. Understanding how to introduce this fantastic body shaping technique to the typical introductory client safely as well as progressing them to more difficult variations is crucial.

Pre-requisite:

Basic anatomy and have taken/taught a minimum of 20 Pilates mat classes

Course syllabus includes:

- 12 preparatory Pilates mat exercises
- 21 classic Pilates mat exercises
- Tactile and verbal cueing
- Imagery
- Extensive anatomy for each exercise
- Bio mechanics for each exercise
- Contraindications for special populations
- Practical information to address all levels of fitness



Study materials included:

Pilates Mat Level 1 weekend synopsis
Comprehensive photo illustrated handout
study DVD

At the completion of your weekend participation you:

will be awarded a **SynergySystems®** Level 1 Mat Apprentice Certificate
will have the skills to instruct beginner through intermediate Pilates mat classes

This course can be taken as a stand alone workshop, or count towards a **SynergySystems®** Pilates Mat Certification. With completion of this weekend, you will receive credit towards "emphasis course requirement" for **SynergySystems®** Pilates Apparatus Certification.

DON'T DELAY! Space is limited to ten participants so that participants will receive personal attention.