

PILATES MAT LEVEL 2

with Cathleen Murakami

February 28th & March 1st, 2009

Saturday & Sunday, 11 am - 6 pm, both days

\$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 in their original form can be very challenging 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: Completion of Level 1 and minimum 30 hours teaching mat classes (within 1 year) or previous mat certification from another organization (please inquire)

Course Syllabus Includes:

- 16 Advanced Classic Pilates mat exercises
- the **entire classic Pilates Mat encyclopedia** and additional variations
- vital information for class construction & formatting
- the essential tools for building a class following
- discussion of other professional skills necessary for success
- Tactile and verbal cueing
- Imagery



Study materials included:

Pilates Mat Level 2 weekend synopsis
Comprehensive photo illustrated handout
study DVD

At the completion of your weekend participation you:

will be awarded a **SynergySystems®** Level 2 Mat Apprentice Certificate
will have the skills to instruct beginner through advanced Pilates mat classes.

This course may 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.