

Mat Pilates Teacher Training

with Lindsey Laidlaw

Pilates Mat (Initiation 101)

Mar 30-Apr 2 2017

This 24-hour course is the first step to becoming a certified Pilates Instructor. Students will learn, practise and teach 14 Matwork Fundamentals and 36 Classic Mat Exercises. They will develop a deeper integration of the repertoire into their own body, resulting in a more effective ability to teach.

Standing Pilates® Mat (Initiation 201)

Apr 27-30 2017

Standing Pilates® adapts many of the classical Pilates mat exercises to take them into the vertical plane. It provides the link between Pilates floor work and everyday functional movement. Aiding in neuromuscular re-patterning of movement habits, Standing Pilates® moves toward better alignment and efficiency. Students learn how to maintain neutral spine while standing, sitting, walking, bending or lifting, making this a truly functional approach to fitness.

Practical Teaching Workshop

Jun 24-25 2017

This 12-hour experiential workshop will prepare students with the knowledge and practice they need to confidently teach a Mat Pilates Class. With a strong focus on hands-on cueing, Practical Teaching will give them the necessary tips, feedback and encouragement to make the transition into becoming a teacher.



Lindsey Laidlaw

Lindsey has been a movement educator for over 30 years. For the past 15 years, she has specialized in the rehabilitative applications of Pilates in combination with new and ground breaking restorative therapies. In 2002 Lindsey attained her comprehensive certification in The Method® Pilates through the PhysicalMind Institute NY and in 2008 became a member of Pilates PhysicalMind Canada and currently serves as their teacher trainer for Atlantic Canada.

Fees

Registration \$125 + GST
Tuition \$1,750 + GST
Materials \$170 + GST

Location

Lokamotion Complementary Health Studio
151 Main Street, Fredericton NB

Contact

Please contact us for more info and to register:
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