

Pilates Method Immersion 2017



Sally Anderson

Advanced Diploma Pilates, PMA®-CPT,
Advanced Diploma Management, Cert
IV TAE, Cert Nutrition

Sally is the director of Pilates International Pty Ltd, incorporating Pilates International Training Centre (PilatesITC) and Pilates International Studios.

Sally has delivered Pilates training and professional development programs all over the world, first for BASI Pilates, then for PilatesITC. Sally led the accreditation of Pilates qualifications in Australia with the development and registration of the first ever government-recognised courses from 2004, which from 2013 are the first and only Pilates courses to articulate into a Bachelors degree.

Sally has over 25 years experience in the Pilates Method.

Presented by Sally Anderson

National Pilates Training is delighted to have arranged with Sally Anderson for her to deliver selected components drawn from her Pilates Method Immersion intensive program. Over five separate sessions throughout the year, Sally will delve into the history, lineages and applications of the Pilates Method.

Each session will include a Matwork or similar group workout class, and experiential repertoire exploration relevant to the day's focus.

Session 1: Historical perspectives

This session starts with a look at the history and development of the Pilates Method in context of a broader global picture. Building a perspective based in facts and actualities of the time then allows for contextualisation of industry development and lineages. This session will also include application of selected repertoire variations across apparatus and across approaches.

Session 2: Lineages and events

Continuing the historical review and timeline development, we will add further discussion of the lineages and important figures in the history of the method. We will also review significant events which affected the profession, such as the Pilates court case and formative studios / figures. This session also includes application of selected repertoire variations across apparatus and approaches.

Session 3: Modern posture

Looking at strategies, approaches and repertoire applications for Modern Posture, this session examines more complex biomechanical issues developing from modern lifestyles, along with exercise selections and repertoire variations to apply in the studio to rebalance. This is postgraduate-level postural correction work.

Session 4: Creating an environment for health

This session explores strategies, approaches and repertoire applications that allow us to create an environment for health. We will examine essential requirements, exercise selections and repertoire variations that allow us to layer a more complex understanding of how to function more efficiently and how to view Pilates programming for a health-enabling perspective. This is postgraduate-level work.

Session 5: Programming and application

This is a day of programming for more complex client issues and conditions, working through activities related to programs provided as templates for experiential use and the repertoire variations from the programs. Client condition template programs will be provided, although requests to include specific conditions or requirements may be made in advance.

Pilates Immersion Program presented by Sally Anderson

ELIGIBILITY TO ENROL

Registrations will be accepted based on meeting the following eligibility criteria:

- **Qualification** -applicants must hold comprehensive training outcomes:
Diploma level equivalence or above
- **Five or more years experience teaching Pilates professionally** - applicants with less experience may be considered on a case-by-case basis where other influencing factors are present (i.e.: additional teaching experience in movement fields, qualifications etc)

LUNCH AND BREAKS

Mid contact session breaks will be provided between 30-60 minutes depending upon the length of the block. Light snacks will be on site however meals or more substantial food should be brought with you or obtained from surrounding cafes.

NPT will provide light snacks and water during the sessions.

ATTIRE

You will participate in movement during the programs. Please bring or wear appropriate movement clothing.



SESSION DATES

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|-----------------------|-------------------|
| 1. Sunday 2 April | 9:30 am – 4:30 pm |
| 2. Sunday 7 May | 9:30 am – 4:30 pm |
| 3. Sunday 6 August | 9:30 am – 4:30 pm |
| 4. Friday 6 October | 9:30 am – 4:30 pm |
| 5. Friday 17 November | 9:30 am – 4:30 pm |

PAYMENT OPTIONS

Option 1: \$1,575 one-off fee for full program

Option 2: \$350 per session

Do all five sessions spread over a seven-month period, or select the session(s) that you would like to attend. Sally will share her techniques, strategies and approach to teaching the Pilates Method, with focus on areas of her specific interest and the result of her years of training, experience and varied studies.

PROGRAM COSTS & TERMS

The cost of this program includes all program contact hours, manual and handouts, and on successful completion the ongoing right to promote the outcome you have achieved. Upon successful completion you will be awarded a certificate of 'Pilates Method Immersion: Mentor Program with Sally Anderson'. This program cost does not include additional workouts, travel expenses, food, clothing, additional text books, outside workshops, or any lodging.

CONTINUING EDUCATION POINTS

PAA PDPs = 6 PDPs per session, up to a maximum of 15 PDPs for all five sessions.

REGISTRATION

Click the link to enrol in individual sessions, or please contact our Director of Training - Katrina Edwards - at katrina@alignedforlife.com.au to enrol in more than one session.