

## 30<sup>th</sup> September & 1<sup>st</sup> October 2017



**Price:**

**€450**

(2- day course)

**Early Bird: €399**

APPI Pilates teaches you a fully integrated Matwork Pilates program that can be used in any clinical setting, without the need for specialized equipment. Based on the most up-to-date evidence of spinal and pelvic stability, strength & conditioning and pain, this is the essential Pilates training tool for health professionals.

- ⇒ **Learn a variety of beginner level Pilates movements addressing lumbo-pelvic stability, postural education, correct movement patterning and body awareness**
- ⇒ **Review the recent research on spinal stabilization and pelvic stability**
- ⇒ **Discuss and design treatment plans**

For bookings please contact:  
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Course location: Body power and posture  
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