March, 17-19, 2017

Enhance your Dance Career

Company: Power Pilates
Venue: Power Pilates
Location: New York, NY

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POWERPILATES.

The Core Mat I program is the foundation of the Power Pilates method. Each subsequent program builds upon the information learned during this course. During this weekend (16 hours) you will learn to teach the 18 beginner level mat exercises and be introduced to Power Pilates teaching tools, philosophy, and teaching formula. Every student new to Power Pilates must start with Core Mat I.

Early in his career, Joseph Pilates noted the characteristic of weak abdominals among the ballet dancers of the New York City Ballet. He didn't feel that the traditional standing barre routine addressed (but rather contributed to) this deficit. He built the "Reformer" as his "superior" supine version of barre exercise to allow better strengthening of core abdominal and lower extremity musculature. Regardless of access to more expensive Pilates equipment, the physical therapist can easily use aspects of Pilates floor/mat work and incorporate Pilates props to activate weakness in the abs, pelvic and shoulder girdle.

SAVE 10% WITH CODE "HEALTHYFIT"

Power Pilates
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646-450-0869
https://powerpilates.com/registration/?course[]=Core Mat I&course;[]=Core Mat II&course;[]=Dual Mat&course;[]=Mat-Comprehensive Bundle#results

Schedule
March 17, 2017: 4:00pm
March 18, 2017: 2:00pm
March 19, 2017: 12:00pm

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