January, 11-13, 2019

Power Pilates: Core Mat I

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

▶ Share | Print | Download



The Power Pilates 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 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. Core Mat I & II are required to progress to the Comprehensive program. Prerequisites:
10 classical Pilates Mat Classes Recommended.
Recommended Reading: Chapters 1, 2, 3 & 6 of Anatomy of Movement

FULL SCHEDULE: Core Mat 1 with Jordana Herman

January 11-13, 2019
Friday 4:00pm-8:00pm
Saturday 2:00pm-8:00pm
Sunday 12:00pm-6:00pm

**For additional information and reigstation (Don't forget - use the code DANCELIFE to receive 10% off!):

http://www.powerpilates.com/registration/event.php?event=4703&code=DANCELIFE

Power Pilates
920 3rd Ave Fl 6 Floor 6
New York, NY, 10022-3627
2125745716
http://www.powerpilates.com/registration/event.php?event=4703&code=DANCELIFE

Schedule
January 11, 2019: 4:00pm
January 12, 2019: 2:00pm
January 13, 2019: 12:00pm

< back

previous listing • next listing