

FOR AUDIENCES

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January, 11-13, 2019

Power Pilates: Core Mat I

Company: Power Pilates

Venue: Power Pilates

Location: New York, NY

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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 registration (Don't forget - use the code DANCELIFE to receive 10% off!):

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

Power Pilates

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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

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