

Mat Essentials

PILATES INSTRUCTOR TRAINING



Start Your Pilates Career Today!

COURSE GOALS

Learn fundamental Mat Pilates exercises understanding the exercises theoretically and physically.

Verbalise exercises with versatility.

Be able to correct postures, principles and exercises effectively and safely.

Be able to modify exercises for a given client and to teach workouts specific to a clients' needs.

To develop the knowledge and understanding which are needed to safely teach and adjust basic level pilates classes.

LEARNING RESOURCES

- Student manual.
- Recommended text: "Muscles Testing and Function with posture and pain", 4th Edition, Kendall, McCreary, Provance, 1993 Williams and Wilkins.
- Students may attend a 15 minute Suna Intro + SunaFit classes - see timetable on website and book online. This may be attended in the week prior to the course.

Qualification - Pilates Mat Basics

Accredited by Suna Pilates

Booking by email: kiri@sunapilates.co.nz

ABOUT SUNA PILATES

If you are interested in one of our courses you won't be signing up for a normal theory based Pilates course with lots of theory as devised by Joseph Pilates 100 years ago! We have over 20 years experience in Instructor Training and our classes are different and our courses are different in a number of ways.

Our courses are taught by our Master Trainers who currently train our Suna Staff – they are highly experienced Instructor Trainers who work with clients every week, taking group classes and individual clients. We believe that hands on, every day experience keeps you up to speed on clients' needs and wants so with over 30 hours training per week, what better way to do this.

Our courses are very practical with lots of time to put theory into practice and an emphasis on ensuring that you come through the course motivated, confident and fully equipped to take classes from day one – we focus on ensuring you leave our course able to deliver classes and to do them at a level that challenges people of all abilities and fitness levels safely.

DURATION AND FORMAT

- 20 hours learning, comprising theory, observation and teaching practice.
- Students are expected to study in their own time.
- The course will specifically reflect the pilates mat basics environment and use in New Zealand



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TOPIC & LEARNING OUTCOME

Pilates	Understand what pilates is and comprehensively explain it to others.
Posture	Understand and recognize the basic postures and their corrections.
Pilates Postural Principles	Understand and teach the pilates postural principles with some versatility and the right imagery, to correct client posture.
Basic Mat Exercises	Understand theoretically and physically basic pilates mat repertoire.
Clinical Considerations	Understand the basic issues and injuries you may come across and strategies dealing with them.
Session Construction	Understand how to construct and run a balanced, flowing mat session for individuals and groups.
Teaching Practices	Apply the principles to the exercises safely.



COST AND PAYMENT OPTIONS

Course cost:
\$995 including GST.

Payment options:
Credit card payment – online at
pilates.co.nz/products/mat-basics
Direct debit payment – NZ Pilates
Studio Ltd :: 12 3136 0430011 00

Cancellation:
Full refund less \$250 non-
refundable deposit if you cancel
30 days or more before the first
course date. NO REFUND for
cancellations less than 30 days
before course start date.

Pilates
equipment can be
purchased during your
course at a discounted rate.
Workout session sheets
will also be available for
purchase.

See
pilates.co.nz
for next
course dates!

THE FINE PRINT

- Course fees require payment in full two weeks prior to the course.
- The fees do not include lunch or refreshments.
- We reserve the right to postpone or cancel any course. If Suna Pilates cancels or postpones a course, you will have the option of transferring to another course, receiving a course credit valid for 1 year, or a full refund.

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