



BODYFIRM The PROGRESSIVE Pilates Academy 2009
Workshops Schedule

Workshop Core Kidz® –(Part 1 of 2 parts) NEW course for 2009	Date: 14th & 15th Feb Time: 10 to 5pm Sat Time: 10 to 3pm Sun	CDCS 12 Hand out provided	COST €200
<p>Come and join us for the most experiential workshop we have ever had ! Meet Connor The Conker © He will introduces us to that special " ABC " for children's' life style, Agility, Balance and Core control. Each week Connor takes the children on an adventure using the ABCs introducing Pilates, Feldenkrais and multi transitional movement to stimulate their Motor neurological pathways. Join Connor and his friends as he whisks you away into his world of fantasy and fun!</p>			
Workshop 30 minute Power Blitz NEW for 2009	Date: 7th March Time: 10 to 12.30pm	CDCS 3 Hand out provided	COST €99
<p>If you teach classes to participants with a limited amount of time, then this is the workshop for you . Experience 3 x 30m full workout sessions that include warm-up, workout and core work. Utilizing 3 different small props, the fit ball, the flex band and the body pole. Find new ways to get the job done intensely and safely.</p>			
Workshop Spinal Stability, Back Care & other Conditions NEW additional material for 2009	Date: 9th May Time: 10 to 5	CDCS 6 Hand out provided	COST €175
<p>In this workshop we will provide a theoretical basis for spinal stability training as well as a progressive practical model. You will have the opportunity to experience the exercises utilized in / for, functional core conditioning, lower back pain, scoliosis, osteoporosis. Learn Macro strategies and Micro programmes for special populations. Workshop sessions to include on Active Isolated Stretching, Trigger Point Rolling Release Therapy</p>			
Workshop Pre-Post Natal New Exercise Material for 2009	Date: 10th May Time: 10 to 12.30pm	CDCS 3 Hand out provided	COST €99
<p>Pregnancy through Pilates, explore the physical and physiological changes that women experience during this time, as well as the indications / contra-indications for Pilates practitioners wishing to work with this population with exercise modification from both the classical and contemporary repertoire</p>			



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Workshop Standing Pilates New Exercise Material for 2009	Date: 8th Aug Time: 10 to 11.30pm	CDCS 3 Hand out provided	COST €60
Take your Pilates Vertical – unleash your inner strength – combine functional fluid movement with strength, flexibility, balance and core stability, if your looking a tough new challenge – to burn calories and to improve posture – well this is it			
Workshop Elegant Stretching New Exercise Material for 2009	Date: 8th Aug Time: 12 to 1.30pm	CDCS 3 Hand out provided	COST €60
Pilates Vinyassa – A new and innovative way at looking at the Pilates ‘Wheel’ flowing elegant movement to create an open and fluid body. New ways to challenge ourselves and our clients			