

STOTT PILATES

Workshops

Develop your skills with innovative new programming.



STOTT PILATES workshops are formulated to expand programming options for group classes and private training. These informative sessions work to increase your teaching repertoire and earning potential. Recognized as the gold standard in the industry, these workshops are designed for Pilates Instructors and fitness professional alike. All workshops qualify for STOTT PILATES Continuing Education Credits and require no prerequisites.

Postural Analysis

This hands-on workshop, developed by the Merrithew™ team, outlines the importance of postural analysis in programming STOTT PILATES® workouts. Discuss the differences between static and dynamic posture and consider how each affects exercise choices and modifications necessary.

Review postural theory relating to the effect of certain postures on muscle length and strength and actively practice postural analysis.

Date: Saturday 25 April 2020

Time: 09.30 – 11.30 (2 hrs)

Cost: £90

Earn CECs: 0.2

For more information and to register visit our website and follow the instructions.

www.oxfordshirepilates.co.uk

Education

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