



CONTEMPORARY PILATES MATWORK CERTIFICATION

The Contemporary Pilates Matwork Certification consists of four individual courses which will give you the skills, knowledge and confidence to teach effective group and private Contemporary Pilates classes in a safe and professional manner.

Basic Pilates Anatomy

Pilates Anatomy presents the fundamental principles of human movement and biomechanics that relate directly to Pilates. It is an ideal introduction for those who are just beginning their Contemporary Pilates journey, and is of equal benefit to those who want to refresh and refine their existing knowledge.

Pilates Essentials

Pilates Essentials teaches you the skills and knowledge that you need to be able to teach safe and effective Contemporary Pilates lessons. You will learn about the history of the Pilates Method and come to understand the foundation of Contemporary Pilates including the 9 Key Elements and the Mechanical Principles.

You will become skilled at creating lesson plans as well as your own body-maintenance program which will help you to improve your movement skill and ability. This course includes the **PILATES ESSENTIALS REPERTOIRE**, a comprehensive guide to the fundamental exercises of Pilates with detailed analysis and variation possibilities for each.

Pilates Flow

Pilates Flow enhances your understanding of dynamic pelvic stability and improves your teaching skills, allowing you to create fluid and functional Contemporary choreographies. Gain knowledge of different learning styles and refine communication and presentation skills to provide clear, flowing instructions that encourage your clients to tune in and access their inner sense. Detailed examination of the intricate anatomy of the pelvic floor will broaden your comprehension of its importance and responsibility, as well as active-dynamic pelvic floor training. You will experience the benefits for yourself, and be able to confidently integrate this knowledge into your lessons.

Expand your existing Repertoire with intermediate exercises from the **PILATES FLOW REPERTOIRE**, a broad range of increasingly three-dimensional exercises that will suit and challenge all of your participants.

Remedial Pilates I

Remedial Pilates I gives you the tools to conduct postural assessments and develops your eye for identifying common postural types and tendencies. It allows you to assess posture confidently and holistically, and effectively design personalised postural-based exercise programs for corrective purposes.

Fitness Australia Registration

If you are registered as a fitness professional with Fitness Australia and CECs are of value for your re-registration, you will be happy to know the following courses are currently registered.



FITNESS AUSTRALIA REGISTERED PROGRAMS	
Course Title	No of CECs
Pilates Essentials	15 Accredited (received on completion of Matwork Certification)
Pilates Flow	14 Accredited (received on completion of Matwork Certification)
Remedial Pilates I & II	15 Accredited (only received on completion of Pilates Remedial II)

Re-validation of Pilates Matwork Certification

Your Pilates Matwork Certification is valid for 2 years during which certificate holders will be required to take part in at least 20 hours of further education in the fields of Pilates and Bodywork with any recognised training organisation. One month before your certificate has expired you will be required to re-register by providing proof of the above and payment of an \$80 Re-validation fee. A new Matwork Certificate will be issued which will be valid for a further two year period. (Please note: your First Aid Certificate must be current at the time of re-registration).

Course Location

Sense of Space Contemporary Pilates, 3/67 Coghlin Road, Subiaco WA 6008 (cnr Coghlin Road and Churchill Avenue)

Course Costs

PILATES MATWORK CERTIFICATION	TOTAL FEE	PAYMENT DUE
REGULAR RATE	\$3400	Up to course commencement.
EARLY BIRD DISCOUNT	\$3145	60 days prior to course commencement.
PAYMENT PLAN	\$3570	6 payments of \$595 paid fortnightly.

LATE PAYMENT: Fees paid later than their due date will incur a late fee of 10% of the overdue amount.
Price includes all assessments and assignments.

More Courses & Information About Us

Please visit the website or contact us directly for additional courses in other states or overseas. We are happy to assist you in making an informed decision! Contact Lehane Vallejo, art of motion's Business Liaison.

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