

PILATES REFORMER FLOW



Course Description

The Pilates Reformer Flow Repertoire is presented in a comprehensive course manual featuring 80 exercise variations enhanced with over 400 complementing movement pictures.

- After course completion you will be able to confidently teach personalised Pilates training lessons and choreographed Reformer group classes at an intermediate to advanced level.
- You will be able to competently execute intermediate to advanced Pilates Reformer Flow repertoire.
- You will know and apply the mechanical principles, exercise aim and focus, main involved musculature, as well as movement and breathing patterns of the Pilates Reformer Flow repertoire.
- You will get to know a broad spectrum of variations, regressions, progressions and variations, which you will be able to apply with certainty.
- The acquired knowledge will allow you to tailor your lessons to your clients' specific wants and needs.
- You will be able to match your teaching methodology to meet your participant's requirements and provide an efficient, enjoyable and encouraging training atmosphere.
- You will study how to incorporate basic exercise transitions into your Reformer routine to create a smooth, functional class flow.
- Positive communication and competent teaching methodology are key components of the course.

We look forward to an educational, creative and inspirational course with you!

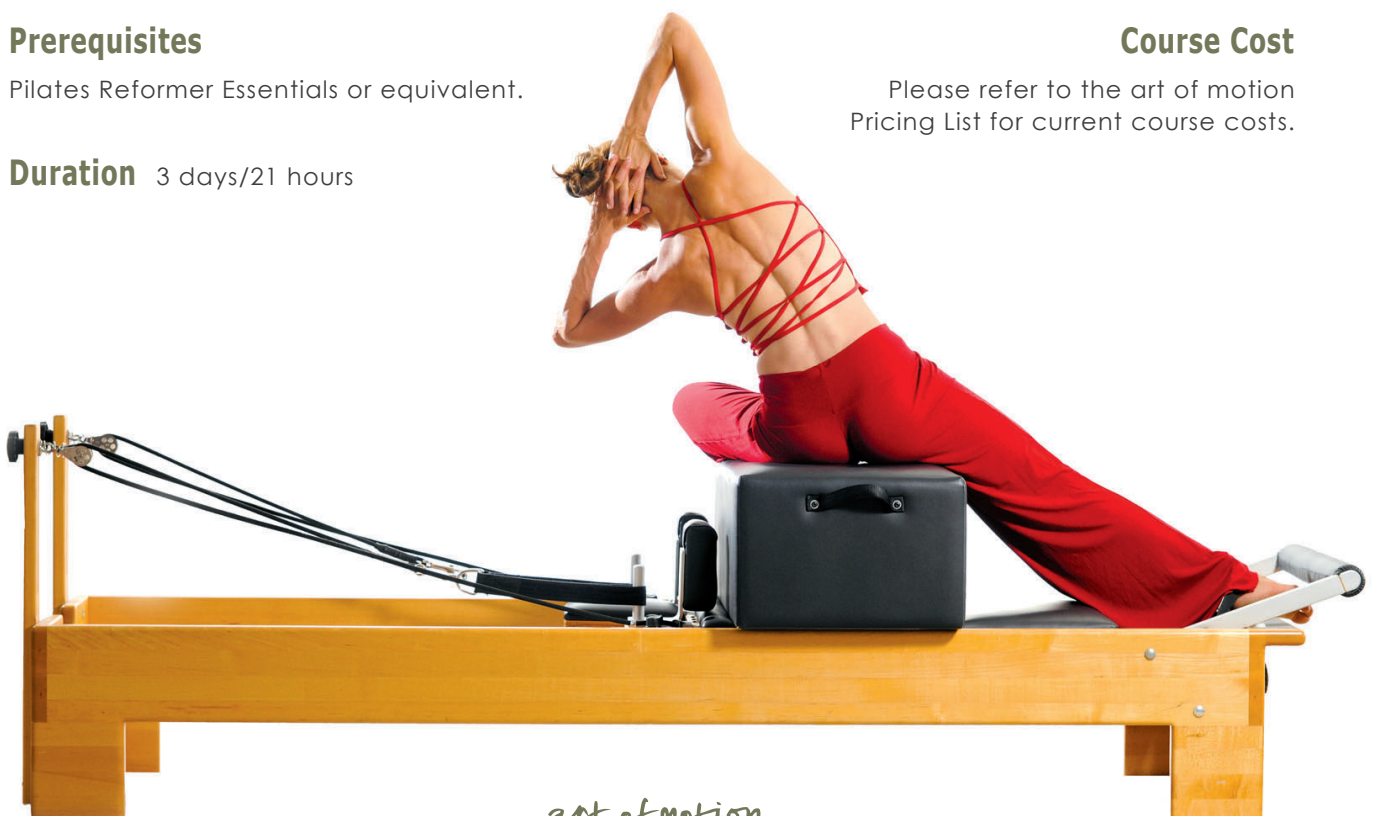
Prerequisites

Pilates Reformer Essentials or equivalent.

Duration 3 days/21 hours

Course Cost

Please refer to the art of motion Pricing List for current course costs.



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An informed decision is a good decision! We are happy to assist you.

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