



Smart, forward-thinking doctors, therapists, trainers and health club owners know that Pilates is the leading edge in fitness practice. They also know that Polestar Pilates is built on scientific principles familiar to rehabilitation and fitness programs, and centered on comprehensive problem-solving skills, encouraging adaptation and creativity.

Dancers: Pilates Teacher Training is in Kansas City!

Polestar Pilates Comprehensive series provides in-depth instruction in Pilates principles, techniques and practice, using the Reformer, Trapeze Table, Chair, Ladder Barrel, Mat and small props. The curriculum focuses on:

- In-depth working knowledge of Pilates movement principles
- Experiential acquisition of Pilates in self
- Critical reasoning skills for application of Pilates with clients and dancers

Overland Park, KS CORE Strategies Physical Therapy

10400 W. 103rd St. Ste. 22
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Principles	2-3 Oct 2010
Studio 1	30-31 Oct 2010
Studio 2	20-21 Nov 2010
Studio -3	19-20 Feb 2011
Studio 4	19-20 Mar 2011
Studio 5	16-17 Apr 2011
Studio 6	14-15 May 2011

Prerequisites

- Participation in 25 hours of group or private Pilates classes
- Studio: Certified fitness instructor or instructor of movement arts (e.g. Yoga, Tai Chi, practitioners of somatic movement) and one semester of basic anatomy/physiology or equivalent

Polestar Pilates Principles

This non-apparatus course introduces six basic movement principles which will be used throughout the studio/rehab series. These principles are enhanced by current research in movement science, communication science, motor learning, and bioenergetics to aid comprehension and instructional practice. You will integrate critical reasoning skills with these principles to facilitate movement assessment and intervention within the Pilates environment. Over 10 mat exercises will be learned.

Polestar Pilates for Rehabilitation and Pilates Studio Modules 1 through 6

You will learn the practical skills needed to become proficient with the assessment techniques, movement sequences and the application of principles learned in the Principles course. The movement selections focus on early intervention and beginning through intermediate exercises on Pilates equipment, including Trapeze Table, Reformer, Chair, Ladder Barrel, Mat and small props. Plus:

- Cueing and movement facilitation
- Adjustment of equipment for client safety and instructor efficiency
- Movement sequences for treatment of specific lesions
- Progression of movement following an injury or modifications of movement (appropriate to your scope of practice)
- Indications and contraindications for exercise selection
- Integration Pilates movement or group dynamics

Student discounts are available. The class is filling quickly, so please call today!



Earn good money teaching Pilates while in college!



Polestar Pilates Education

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