

A person wearing a red long-sleeved top and black leggings is standing on a paved path covered with fallen autumn leaves. The person's arms are raised behind their head. The background shows trees with yellow and orange leaves, suggesting an autumn setting. A semi-transparent dark grey box is overlaid on the upper half of the image, containing white text.

Progressive Pilates Academy -
Up-Skill Workshops
Feb to May 2018

Progressive Pilates Academy - UpSkill Workshops 2018

Workshop on Successful Ageing considerations when working with the over 50's

“Age isn't how old you are but how old you feel.” Gabriel Garcia Marquez

Getting older is not an option – it's inevitable, but how you age is **YOUR** option.

You can fight it, give into it or radically EMBRACE it - enjoying the wisdom that age brings and keeping that 'young' feeling by staying in shape, eating wholesome foods, being more active, spending time with family and friends – living life to it's fullest

A few tweak's in your lifestyle now will allow you to age in the healthiest possible way you can

“You can free yourself from aging by reinterpreting your body and by grasping the link between belief and biology” Deepak Chopra

Workshop on Successful Ageing – considerations when working with the over 50's
In this 4hours gain an understanding in:

- Ageing physiology/ psychology,
- common classifications of ageing,
- exercise models [Pilates and functional fitness based]
- emerging market and much more.
- and much more

Date: April Saturday 21st

Time: 10.30am

Duration: 4hours Fee:

€95.00

Provided: handout and certificate of attendance

Progressive Pilates Academy - UpSkill Workshops 2018

Pre-Post Natal Exercise Programming based on the Pilates Method

"Pregnancy taxes the weakest parts of a woman's body and exposes the liabilities of a sedentary lifestyle"

Elizabeth Nobel Essential Exercise for the Child Bearing year - 4th edition

PROGRESSIVE Pilates, is a postural technique that will assist in maintaining the structural integrity of the mum to be for women who DO NOT have any risk factors for adverse maternal or peri-natal outcomes.

In this 4hours gain an understanding in:

- Prenatal precautions & suggestions
- Guidelines and principles for exercise for pregnancy
- Postural changes during pregnancy
- Experiential Labs
- Class recommendations
- Postnatal health with Pilates Principles
- Warm up – exercise – relaxations phases
- And much more

Date: March Saturday 10th

Time: 2.00pm

Duration: 4hours Fee:

€95.00 Provided: handout and certificate of attendance

Progressive Pilates Academy - UpSkill Workshops 2018

DIG DEEP AND EXPLORE YOUR MOVEMENTPOTENTIAL

Welcome to the PROGRESSIVE Pilates Academy – **CROSS OVER FITNESS** workshop take look at 2 Pilates Props as well as Body Weight to build a ‘cross over fitness’ program to build strength to improve how you control and move your body in space –

Build:	Challenge
Strength	stability
Co-ordination	flexibility
Balance	strength
body awareness	balance
cardio endurance	mobility in a multi-planar environment

Format of the workshop:

2 props:

- Foam Roller – truly functional Roll, stabilize, release and strengthen
- Gliders – discs under the hands & feet working in 3Dimensions of movement
- Body Weight – Pilates, primal sequences, calisthenics and static holds

3 x 30 minute sessions [that can be either standalone classes or segments within an existing class]

By participating in the 30minute sessions you will gain understanding in the flow, transitions and power of the movements –

following the sessions we will have a 20minute discussion on technical application

Duration: 3 hours

Time: 10.30am

Fee: €55 [payment in full at time of booking]

Date: April 14th

Max: 15 [a wait list will apply]

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Facial Elasticity – Conditioning for Health – Part 1

What is Fascia? Fascia is a specialized connective tissue system that plays a critical role in the support of the body. Fascia is a very dense tissue that envelops every muscle, bone, nerve, artery and vein, as well as all our internal organs. It's an intricate, 3-D web supporting the organs and joints from head to toe, as it acts as a shock absorber to the body.

The fascial system is one structure that exists from head to toe without interruption. When there is tightening or restriction in one place, we can feel pain and dysfunction in another seemingly unrelated location.

In this Part 1 - 3.5hours gain an understanding in:

- Introduction to Fascia / fascial tissue
- Facial release functional movements for the Superficial Front Line
- Facial release functional movements for the Superficial Back Line

Date: April Saturday 14th

Time: 1.30pm Duration: 3.5hours

Fee: €75.00

Provided: handout and certificate of attendance

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Progressive Pilates Academy

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