



Progressive Pilates Academy -
Up-Skill Workshops
June to December 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: October 13th 2018

Time: 10.30am

Duration: 4hours Fee:

Fee: €95.00 [payment in full on booking]

Provided: handout and certificate of attendance

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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 3 hours gain an understanding in Pilates Mat movement:

- 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: July Sunday 29th

Time: 2.00pm

Duration: 3 hours Fee:

Fee; €75.00 [payment in full on booking]

Provided: handout and certificate of attendance

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DIG DEEP AND EXPLORE YOUR MOVEMENT POTENTIAL

Welcome to the PROGRESSIVE Pilates Academy – **CROSS OVER FITNESS** workshop take look at 2 Pilates Props 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:

3 props:

- Foam Roller – truly functional Roll, stabilize, release and strengthen
- Gliders – discs under the hands & feet working in 3Dimensions of movement
- Fit Circle – traditional Pilates resistance ring

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: 10.00am

Fee: €75 [payment in full at time of booking]

Date: July 29th 2018

Max: 15 [a wait list will apply]

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Pilates JUMP BOARD - a cardio - athletic styled conditioning class

“Pilates is complete coordination of body, mind and spirit.” J.H. Pilates Joseph Pilates believed Pilates was /is, not just about great posture and a rock-hard core. It was / is more than just a physical exercise, and can radically enhance mental, emotional and spiritual wellbeing.

Participating in the Pilates machine work allows your body to achieve the highest levels of precision, strength, flexibility and grace.

Performing Pilates machine-based movements enhance –

- Strength • flexibility • Balance • Control • Co-ordination

In this Jump Board Course gain an understanding in:

- Four Elements of Efficiency
- Foot positions
- Proximal stability for distal mobility
- Lag time
- 'Core Jumping'
- Precise Nomenclature for teaching
- 3D movement for cardio / resistance class programming

Date: September 9th

Time: 10am to 5pm

Fee: € 195.00 [due to small numbers that can attend full fee is required on booking]

a waiting list will be in operation

Provided: handout and certificate of attendance

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Progressive Pilates Academy

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