

Innovations in Pilates Matwork

WITH ANTHONY LETT



NOVEMBER 21 - 22, 2015

STUDIO PILATES STRASBOURG

10:00 AM - 5:00 PM

SPACE IS LIMITED



EARN 12 PMA CECS

Anthony Lett, the author of two books titled "Innovations in Pilates," will teach on the major themes of his Pilates mat-work book in this workshop. This two day course will cover the fundamental theme of stretching in the education, teaching and professional development of any teacher or serious student.

"Innovations in Pilates" details the integration of Therapeutic Muscle Stretching into the Pilates method. It has been described as the 'missing element' in Pilates repertoire and teacher education. Anthony's course will introduce you to the latest research in stretching biomechanics and neurophysiology in practical ways that will give you new insights into the Pilates system, new and effective ways of analyzing movement and alternative ways of working with clients, especially stiff ones, who have difficulty with traditional repertoire. Whether you teach in a clinical or well-being based Pilates model, the work will enable you to increase the effectiveness of your programs and offer and new and exciting class formats. With the latest 3D analysis of movement, the course will also clarify and develop your anatomical knowledge in theoretical and experiential ways.

It is going to be a weekend jam-packed with information designed to inform, improve and challenge the way that you think about and teach your Pilates.

REGISTER NOW

ENROLLMENT:

\$600

Contact BASI Academy for

Combo Rate: 1 (949) 574-1343

Register Online: www.basipilates.com

LOCATION

STUDIO PILATES STRASBOURG

35 RUE WIMPELING

STRASBOURG 67000 FRANCE

(330) 671-9048

STUDIO-PILATES-STRASBOURG.FR

For further details about the location contact Katia Hammouche at Studio Pilates Strasbourg: (330) 671349048



"Anthony Lett's workshop 'Innovations for Pilates' was incredible. There are workshops that are intellectually filled with incredible ideas and knowledge about the body. There are workshops that makes your body feel great. Anthony gave us both. Anthony Lett's book is one of the best books on the market for professional teachers. Stay tuned. We want Anthony back next year."

Lesley Powell

*Owner of Movements Afoot Pilates Studio,
New York City*

ANTHONY LETT

Anthony Lett is a Pilates studio owner, writer and teacher educator from Australia. Anthony is the author of what is described as the "missing element" in Pilates education, the popular books and eBooks titled Innovations in Pilates-Therapeutic Muscle Stretching on the Pilates Reformer, and Matwork for Health and Wellbeing. Both books detail the evolution and modern development of one of the central but less developed themes in the work of Joe Pilates, the quality of flexibility.

Anthony has a diverse background with university qualifications in Philosophy, Sports Science, Exercise Medicine, Mind/body medicine and Clinical Anatomy. In his presentations Anthony combines all of these diverse influences into a relaxed, entertaining and knowledge filled package.

In addition to serving as the Director of advanced Education at BASI Pilates, Anthony teaches his BASI Innovations in Pilates and Pilates Anatomy certifications worldwide. To date, Innovations in Pilates has been an essential Pilates post graduate certification in over 25 countries.

