



STOTT PILATES EDUCATION IN PARIS

INTENSIVE CADILLAC

At the Studio BIOPILETES® Paris with Monique Lavoie

From Sunday 26 august 2012 to Wednesday 29 august 2012

9am- 2:30pm



Complete Commitment

A Message from the Founders



Président & CEO, Lindsay G Merrithew

Executive Director, education, Moira Merrithew

Since founding Stott Pilates® over 15 years ago, we have been committed to developing integrity programs, products and services that help people to fulfill their potential.

Our Education division designs contemporary courses that empower instructors to motivate and challenge clients.

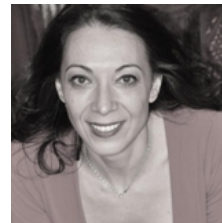
Our commitment to maintaining the high standards of our programs is just one of the reasons our graduates are in high demand worldwide.

The integrity of our program, the caliber of instruction and the breadth of choice is why millions of people worldwide entrust their mind-body fitness to Stott Pilates.



Monique Lavoie

MONIQUE LAVOIE, Manitoba's undisputed leader in Pilates exercise is owner of Pilates Certification Manitoba operating since 1997. She is one of a very few bilingual STOTT PILATES Instructor Trainers and, upon request, can teach any certification course & examinations in French. A graduate of The National Ballet School, Monique combines over 25 years of teaching experience.



Le Studio Biopilates® Paris

Established in 2009 by Caroline Berger, the Studio BIOPILATES® PARIS is the STOTT PILATES Host Center for Paris in France. We are committed to maintaining and teaching the high standards in health and wellness established by STOTT PILATES. Here are just a few benefits that Studio BIOPILATES® Paris is pleased to offer its training and certification clientele:

Le studio Biopilates Paris a ouvert ses portes en juin 2009 à Paris sous la direction du Professeur certifié Stott Pilates, Caroline Berger.

STOTT PILATES is regarded as the world leader in pilates education services. For over 20 years, Moira and Lindsay Merrithew, together with their dedicated team of health professionals have been committed to developing high integrity programs that allow individuals and businesses to fulfill their potential.

Aligning your pilates career with STOTT PILATES brings with it many benefits:

- The STOTT PILATES organization has a 20-year heritage of developing and delivering high caliber, relevant and scientifically-based training and certification programs
- STOTT PILATES is a full-service company that offers consistently high quality products and services, including an award-winning collection of professional videos and manuals, and a full complement of commercial grade pilates equipment.
- STOTT PILATES has training and certification centers worldwide, and attends dozens of trade shows and conferences making its CEC workshops accessible to instructors worldwide

- STOTT PILATES is a senior partner of IDEA, the world's leading membership organization for health and fitness professionals, a founding sponsor of the Pilates Method Alliance, and a sponsor and member of the International Health and Racquet Sports Association (IHRSA)
- STOTT PILATES is recognized by the American Council on Exercise (ACE) and Can-Fit-Pro as a continuing education provider
- The STOTT PILATES website and Instructor Finder Tool for certified instructors attracts more than 1 million unique visitors annually.

STOTT PILATES INTENSIVE PROGRAM

Cadillac LEVEL I

This course teaches how to design and instruct Level 1 (Essential and Intermediate) Reformer workouts in personal or group training settings for a range of clients. While Cadillac may be taken prior to IMP, we recommend completing IMP first. In addition to the general course objectives you will learn:

- ▶ Effective use of the Cadillac to enhance torso stability and strength, peripheral extremity conditioning, joint stability, flexibility, balance and coordination
- ▶ How to develop programs for personal and group classes
- ▶ Essential, Intermediate, Power workouts
- ▶ Effective communication and observational skills, verbal cueing and imagery for performance enhancement and client motivation
- ▶ Modifications for specific body types, postural issues and conditions
- ▶ Theory and practice of postural analysis
- ▶ Exercise layering related to effective program design
- ▶ 122 exercises plus multiple modifications

Prerequisites

- ▶ Working knowledge of functional anatomy
- ▶ Minimum 30 hours Pilates classes/workouts
- ▶ Three-plus years teaching movement or fitness

Duration

- ▶ 25 hours instruction and supervised teaching

► **Required Course Materials**

**Matwork & Reformer & Cadillac Support Materials Book is required for IMP & IR. It need only be purchased once.*

Price : 1200 € all taxes includes