



FORMATION STOTT PILATES A PARIS

ATELIER POSTNATAL PILATES

DU Tuesday 28 août 2012 from 3 pm to 5 pm

La formation Stott Pilates est organisée par le Studio Biopilates® Paris

La formation Stott Pilates est animée par Monique Lavoie



Complete Commitment

A Message from the Founders



Président & CEO, Lindsay G Mettithew

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.

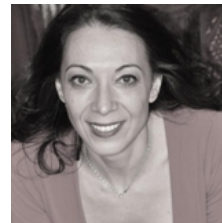
Our commitment to maintaining the high standards of our programs is just one of the reasons our graduates are in high demand worldwide.

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 possède des centres de formation et d'accréditation dans le monde entier et participe à des douzaines de salons professionnels et congrès, ce qui lui permet d'offrir ses ateliers avec CÉP aux instructeurs des quatre coins du monde.

POSTNATAL WORKSHOP

Most women will be able to return to exercise four to six weeks after a regular birth or when they get clearance from their physician. Many of the exercises they may have been performing during the second and third trimester of pregnancy will be suitable now, but other exercises can be added to focus on reactivating and stabilizing the pelvic floor, transverses abdominis and obliques as well as developing lumbo-pelvic stability. This gentle but effective workout will incorporate Toning Balls™ to get moms back on the right track.

LEARNING OBJECTIVES:

- ▶ Apply the principles of STOTT PILATES® to exercises specific to the post-natal client.
- ▶ Discover how to modify for the needs of this special population.
- ▶ Understand how to incorporate Toning Balls™ in a post-natal workout.
- ▶ Discuss special considerations for post-natal concerns.

FORMAT:

- ▶ Workshop

AUDIENCE:

- ▶ Pilates instructors, personal trainers, group fitness instructors

TIME REQUIRED:

- ▶ 2 hours

EQUIPMENT REQUIRED:

- ▶ Toning balls (2:1), Pilates Mat (1:1), Foam Cushion 'C' (1:2, optional)

PRICE : 180 euros (All taxes includes)