



BODYFIRM The PROGRESSIVE Pilates Academy

Workshops / Master Class Schedule August to December 2009

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| MASTER CLASS SATURDAY | Date: Sat 27th July Time: 10am 1st class 11.30 2nd class | CDCS 2 per class | COST €20 per class |
| Numbers limited | | | |

Gurdi Ball Blitz

Take core conditioning to the next level using the Gurdi Ball exercises to challenge every muscle in YOUR "POWER HOUSE" !

Pilates Yoga Fusion

Unique class with new moves and creative sequences . A mosaic of strong and graceful postures that intergrates both systems so you will stand taller in balance and move with integrity

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| Workshop Standing Pilates New Exercise Material for 2009 | Date: 15th Aug Time: 10 to 11.30pm | CDCS 3 Hand out provided | COST €45 |
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Take your Pilates Vertical – unleash your inner strength – combine functional fluid movement with strength, flexibility, balance and core stability, if your looking a tough new challenge – to burn calories and to improve posture – well this is it

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| Workshop Elegant Stretching New Exercise Material for 2009 | Date: 15th Aug Time: 12 to 1.30pm | CDCS 3 Hand out provided | COST €45 |
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Pilates Vinyassa – flowing elegant movement to create an open and fluid body. New ways to challenge ourselves and our clients – keeping the Pilates wheel / Vinyassa

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| Workshop Body Path Ways Introduction New Material for 2009 | Date: 3rd Oct Time: 10 to 12.30pm | CDCS 3 Hand out provided | COST €75 |
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Anatomy lines – learn about the Fascial System – its influence on movement .Body Path Ways will lead to new holistic strategies for movement teachers, and athletes to resolve complex postural and movement patterns.

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| Workshop Pre-Post Natal Certificate New Exercise Material for 2009 | Date: 3rd Oct Time: 1pm to 4pm | CDCS 3 Cert & Hand out provided | COST €75 |
| Pregnancy through Pilates, explore the physical and physiological changes that women experience during this time, as well as the indications / contra-indications for Pilates practitioners wishing to work with this population with exercise modification from both the classical and contemporary repertoire | | | |
| MASTER CLASS SATURDAY Numbers limited | Date: Sat 28th Nov Time: 11am | CDCS 2 per class | COST €20 per class |
| Just Pilates !!! Just Pilates – no nonence Pilates class no props just hard work and lots of sweat !!! | | | |



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Workshops / Master Class Schedule May to December 2009