



Mat Instructor Training Certification

Modules: Mat 1 & Mat 2

Mat work is the foundation of Pilates and provides a great full body workout for beginners to advanced. The BBU Pilates Mat instructor training includes the complete Pilates Mat repertoire as well as an introduction to the movement principles that make Pilates such a successful exercise program. Modifications and variations are included to help you successfully teach a wide range of clients. The BBU Pilates instructor training program is an internationally recognized course emphasizing the principles underlying each exercise and will empower you to become a successful, creative and transformative Pilates teacher.

BBU Mat Instructor Training Includes:

- World class training, internationally recognised qualification
- Exercise instruction in pre-pilates and the complete Mat repertoire
- Cueing, coaching and teaching tips for clients at different levels of ability
- Safety information for teaching older adults, pre & post natal, and clients with back, neck, knee and shoulder conditions
- Tips on teaching successful group programmes

Mat 1 (16 hours) February 5, 6, 7th 2010

Mat 2 (16 hours) February 19, 20, 21st 2010

Fees:

Mat 1: \$750*

Mat 2: \$750*

Mat 1 & Mat 2 package \$1300*

Mat Instructor Test out Fee: TBA

*Mat 1 and Mat 2 manuals are included in the price

Class size: maximum 10 people

Instructor: Shanina Connell

Time: 4:00pm-8:00pm (1st day)
8:00am-4:00pm (2nd, 3rd Day)

Venue: Body Integration Studio

For further information please don't hesitate to call or email. We look forward to seeing in September and provide you a wonderful opportunity to gain a world class qualification right here on the Gold Coast! Places limited and booking fast so don't miss out!

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