

**COBHAM** **PILATES** presents



lisa b pilates

## 2019 Academy Courses

\* see website for current dates

### HIP Pilates™ Matwork Foundation

£250.00

HIP Pilates™ is an exclusive concept class, researched, developed and taught by Lisa Bradshaw. HIP Pilates™ is aimed at raising heart rate and improving overall functionality, strength, mobility and stamina. This exclusive class is not only ideal for the hard core Pilates fan, who would like a more intense cardio workout but also for those less adventurous clients who wish to challenge their balance and improve their functional strength without losing the true essence of the Pilates principles.

Each session is specifically structured to provide an all over body workout. Progressive choreography is incorporated to improve balance and co-ordination, precise functional movement aims to improve overall strength and mobility and the use of weights promises to increase cardio endurance and recovery. This combination of high energy, faster paced movement with the precision and focus of a traditional Pilates class creates a balanced and fun workout for everyone. This HIP Pilates™ Matwork Foundation course will equip you with all the principles and choreography needed to begin offering your clients a brand new product of HIP Pilates™ on the Mat.

On completion of the course, teachers will be invited to join the HIP Tribe™ offering marketing and branding support as well as access to online classes to encourage the development of their work.

# HIP Pilates™ REFORMER

£250.00

Offer your clients a new challenge with this invigorating form of High Intensity Power Pilates on the reformer that combines the precision and focus of a traditional Pilates session with the dynamic energy of a high intensity workout. Join the Lisa B Pilates Academy for the HIP Pilates™ Reformer Teacher Training that will equip you with all the principles and choreography needed to begin teaching this fun and functional workout. HIP Pilates™ is aimed at increasing your heart rate, and improving strength, mobility and stamina – try it on the reformer and you will definitely see and feel the fabulous benefit. During the course Lisa will teach carefully structured and choreographed combinations with the aim of building cardio endurance and overall strength. Jump boards and weights will be added to increase heart rate and build strength; add to that lots of standing work to challenge balance and create a functional yet fun workout. This will enable you to offer a brand-new concept of Reformer classes to your most adventurous clients. Great fun and not for the faint hearted!!

## The Ultimate Pilates Matwork Series

Principle Series (basic level)

Progressive Series (intermediate level)

Classical Series (advanced level)

£250.00 per Series OR

£650.00 for The Series of 3 (*if purchased and booked together*)

Each Series is a stand-alone workshop; each one focusing on a particular level of the Classical Matwork. As a collective it is The Ultimate Mat Series, individually the workshops are valuable insights. You are invited to attend one, two or all three workshops to give you an insight into teaching Matwork at all levels of experience and deepening your understanding of the method, both in your own practice and in your teaching.

The workshops will focus on movements and exercises that will lead to the ultimate goal of the Classical Matwork Series. Along the way we will finely tune key elements of the fundamental work and clarify correct body mechanics with the intention of attaining overall precision and mastery of the Pilates method. This course offers an enjoyable and effective way to deepen your knowledge and improve your teaching skills by revisiting the fundamental aspects from a brand-new perspective, whilst also exploring the advanced elements of the method.

New repertoire will be taught, as well as clear guidance as to how each series can evolve.

This series of workshops is designed for teachers who hold a Level 3 Pilates Matwork qualification. Whether you have been a Pilates teacher for years or are new to teaching this course promises to enhance your expertise and re-ignite your passion for Pilates. The aim of these unique workshops is to offer further education to teachers who:

- still have questions or want clarification
- wish to progress their clients
- wish to improve their own Pilates practice
- want the latest knowledge regarding body mechanics and physiological information

Includes:

- Each workshop taught personally by Lisa Bradshaw
- Instructional Video with all exercises taught & demonstrated by Lisa
- Full Manual

## Introductory REFORMER 4-Day Course

£750.00

This course is an invaluable introduction into the mechanical and technical elements of the Reformer. The Introductory REFORMER Course will equip you with a wide range of beginner and intermediate exercises and the tools to understand and create relevant variations and modifications. Clear instructional verbal and tactile cues will be discussed and practiced, helping you to not only communicate the repertoire but to master and fully understand the depth of the method. The Course will also help you to enhance your teaching skills in terms of observing and assessing your clients posture, recognizing their imbalances, strengths and weaknesses and helping to correct them with effective use of the Reformer. *This is an ideal fundamental level course for those with no Reformer teaching experience but who hold a recognised Pilates Matwork certificate.*

Includes:

- All 4 days taught personally by Lisa Bradshaw
- Instructional Video with all exercises taught & demonstrated by Lisa
- Full Manual

# Progressive REFORMER 1

## Progressive REFORMER 2

### Progressive REFORMER 3

£250.00 per Workshop

Each course of this Series is a stand-alone one-day workshop intended for those teachers who have an existing Reformer qualification and Reformer teaching experience. You may attend one, two or all three workshops and in any order. These workshops focus on new and innovative Intermediate-Advanced level exercises that will give your catalogue of Reformer repertoire a new lease of life. You will be taught a variety of new progressive movement sequences, including simple yet effective techniques to challenge clients who have the potential to progress. These workshops are a great opportunity to explore, question and review the value and potential of the Reformer and to learn skills and techniques to ensure that challenging work is accessible to all.

Includes:

- Each day taught personally by Lisa Bradshaw
- Instructional Video with all exercises taught & demonstrated by Lisa Bradshaw
- Full Manual

*Please note if you have attended The Progressive Reformer Course before September 2018 you will have covered all of the work in Progressive Reformer 1 and 2.*

## The Complete Classical REFORMER 4-Day Course

£750.00

Learn the complete Classical Reformer repertoire from 'Footwork' to 'Control & Balance dismount' on this very practical and dynamic training course. In this workshop series you will learn the Classical Reformer choreography including the intention, benefit and technical precision of each individual exercise. Transitions will be explored in order to create the logical and progressive sequence and seamless flowing movement. You will also have the opportunity to discuss modifications and experiment with a variety of teaching skills and verbal and tactile cueing. This course is ideal for the experienced Reformer teachers wishing to progress and explore the depth and richness of the classical Pilates Method. This is an advanced level course and a solid level of Reformer teaching experience is required before attending this course. Includes:

- All 4 days taught personally by Lisa Bradshaw
- Instructional Video with all exercises taught & demonstrated by Lisa
- Full Manual

## The Complete Chair 2-Day Course

£425.00

Learn a whole host of Chair repertoire on this dynamic two-day training course created and taught personally by Lisa B. From beginners to advanced and everything in between Lisa will cover a very Classical based repertoire. This is a great opportunity to gain fresh new ideas or refresh and refine your existing teaching techniques. The Chair is a much underrated, and often misunderstood piece of studio equipment but Lisa will present a way of teaching that aims to demystify the wonders of the Wunda Chair with a clear and simple approach. You will learn a series of short exercise sequences that will enable you to teach a seamless flowing session to every level of client.

Includes:

- All 2 days taught personally by Lisa Bradshaw
- Instructional Video with all exercises taught & demonstrated by Lisa
- Full Manual

## The Complete Cadillac 2-Day Course

£465.00

The Complete CADILLAC course is an enjoyable and effective way to learn a detailed collection of exercises on the Cadillac and Tower, from beginners to advanced level. Whether you are new to studio equipment or wish to review and revise your knowledge, this is a great opportunity to appreciate the value of the Cadillac and master the technique of teaching the repertoire. As with all of The Academy's courses, a strong focus will be placed on the functional application of each exercise with regards to each individual's physiology and existing posture.

Includes:

- All 2 days taught personally by Lisa Bradshaw
- Instructional Video with all exercises taught & demonstrated by Lisa
- Full Manual

## The Springboard 1

£250.00

A great introduction to the Springboard - a popular, affordable and space-saving piece of resistance training equipment that can provide an energising full-body workout. The Springboard is extremely versatile and offers a wide scope of exercises that will be taught on this course combining both classical and

contemporary elements of the Pilates Method. This course promises to give you the tools to offer your clients a brand new workout that is functional and effective as well as adaptable and challenging.

*Please note:* as the Push-Thru-Bar is a Springboard addition, Series 1 of this course will not cover any repertoire using the Push-Thru-Bar.

Includes:

- One day course taught personally by Lisa Bradshaw
- Instructional Video with all exercises taught & demonstrated by Lisa
- Full Manual

## COURSE LOCATION

Cobham Pilates, 31 High Street, Cobham, Surrey KT11 3DP

## BOOKING OF COURSES

- All courses can be booked online via the SCHEDULE page of the Cobham Pilates website.
- Courses can also be booked online using the Cobham Pilates APP which can be downloaded from the APP or Android stores.
- Or via email on [reception@cobhampilates.com](mailto:reception@cobhampilates.com)
- Or call Cobham Pilates on 01932-588707 and we would be happy to book you in!
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## TERMS AND CONDITIONS

- In the event of cancellation, refunds will be provided if your space can be filled by another participant. In the event that course materials have been already issued, a maximum of 50% of the course fees can be refunded and only in the case that your space can be filled.
- One day courses must be paid in full at time of booking. Payment plans can be arranged for multi day courses; please contact Cobham Pilates directly to arrange a payment schedule.