

## 2019 Teacher Training CALENDAR

Saturday	7 September	Lisa Bradshaw	Introductory Reformer - Day 1	1230pm-530pm	£ 750.00
Sunday	8 September	Lisa Bradshaw	Introductory Reformer - Day 2	9am-4pm	
Sunday	29 September	Lisa Bradshaw	Introductory Reformer - Day 3	9am-4pm	
Sunday	13 October	Lisa Bradshaw	Introductory Reformer - Day 4	9am-4pm	
Saturday	5 October	Catherine Barrand	Resistance Bands, Resistance Loops & The Pilates Pole	1030am-130pm	£ 100.00
Saturday	5 October	Catherine Barrand	Balls, More Balls & The Magic Circle	2pm-5pm	£ 100.00
Sunday	6 October	Lisa Bradshaw	The Ultimate Matwork: Principle Series	9am-5pm	£ 250.00
Saturday	19 October	Lisa Bradshaw	HIP Pilates™ Matwork Foundation	11am-4pm	£ 250.00
Sunday	3 November	Amit Younger	Pelvic Lumbar Stabilization	10am-1pm	£ 100.00
Sunday	3 November	Amit Younger	Back Extention Technique	2pm-5pm	£ 100.00
Sunday	10 November	Lisa Bradshaw	The Complete Chair - Day 1	9am-5pm	£ 425.00
Sunday	1 December	Lisa Bradshaw	The Complete Chair - Day 2	9am-5pm	
Saturday	16 November	Lisa Bradshaw	HIP Pilates™ REFORMER	1230pm-6pm	£ 250.00
Sunday	17 November	Lisa Bradshaw	The Ultimate Matwork: Progressive Series	9am-5pm	£ 250.00
Sunday	24 November	Lisa Bradshaw	The Springboard	9am-5pm	£ 250.00
Sunday	1 December	Magnus Ringberg	Movement 360 Degrees	10am-3pm	£ 250.00
Saturday	11 January 2020	Lisa Bradshaw	Introductory Reformer - Day 1	1230pm-530pm	£ 750.00
Sunday	12 January 2020	Lisa Bradshaw	Introductory Reformer - Day 2	9am-4pm	
Sunday	2 February 2020	Lisa Bradshaw	Introductory Reformer - Day 3	9am-4pm	
Sunday	1 March 2020	Lisa Bradshaw	Introductory Reformer - Day 4	9am-4pm	