



TRAIN FOR YOUR STOTT PILATES™ CERTIFICATION

Become a certified STOTT PILATES™ Mat and Reformer Instructor. These intensive courses, taught by STOTT-certified Instructor Trainers™, are designed for individuals with strong anatomy training, a minimum of three years teaching experience and familiarity with this method of exercise.

Each workshop covers: ■ STOTT biomechanical principles ■ relevant STOTT PILATES™ repertoire ■ how to integrate exercises successfully into existing programs ■ exercise cueing and imagery ■ when and how to progress.

STOTT CERTIFICATION IN CONNECTICUT

held at

SPECIAL CARE



HOLISTIC

Wellness Connection

74 Vine Street,
New Britain,
Connecticut 06052.

(For driving directions only,
please call 860-832-6239).

course location

Special Care Holistic Wellness Connection,
74 Vine Street, New Britain, Connecticut 06052
Call 860-832-6239 for driving directions (only).

examination

Certification is awarded upon successful completion of a written and practical exam. Fee of US \$235 for mat & reformer exam, required course materials are additional.

book today! space is limited.

fax your completed application, two letters of reference and deposit or full payment to 416-482-2742 or mail to STOTT EDUCATION 2200 Yonge St., #1402, Toronto ON, Canada M4S 2C6.

payment MUST be made in US dollars

A non-refundable deposit of \$300US is required to hold your spot. Balance is due Sept 9, 2002.

application forms are available online at www.stottpilates.com/education/enrollment.html or email jane@stottpilates.com.

call toll-free 1-800-910-0001 x232 or outside North America dial 416-482-4050 x232

for more information

about these certification courses including course descriptions, visit www.stottpilates.com.

required materials

COURSE IR = Mat/Reformer Support Materials Book, Essential™ & Intermediate Reformer manuals, Essential™ & Intermediate Reformer videos, Power Reformer video

OPTIONAL = Advanced Reformer video set of 2 Advanced Reformer manual

Intensive Reformer 50 hours held over 4 weekends \$1,2000US

September 13, 14, 15 Friday 3:30-8pm | Saturday 12pm-5pm | Sunday 9am-3pm

September 28, 29 Saturday 12pm-5pm | Sunday 9am-3pm

October 11, 12, 13 Friday 3:30-8pm | Saturday 12pm-5pm | Sunday 9am-3pm

October 26, 27 Saturday 12pm-5pm | Sunday 9am-3pm

prepares you to teach a broad range of exercises, variations and modifications performed on the Reformer – the key piece of resistance equipment used in pilates exercise. This course teaches you how to combine Matwork and Reformer-based workouts for increased variety and intensity. Upon completion of this course you are able to further motivate group classes and customize personal training sessions for a range of clients. In addition to the general course objectives you learn:

- Effective use of resistance to enhance torso stability and peripheral extremity conditioning
- How to develop Reformer programs for personal and group classes
- Essential, intermediate and power workouts
- Effective communication, visual skills, verbal cuing and imagery for performance enhancement and client motivation

PREREQUISITES: working knowledge of functional anatomy, 30 hours pilates training and three-plus years teaching movement or fitness.

DURATION: 50 hours instruction and supervised teaching, minimum 10 hours observation, 40 hours physical review, 25 hours practice teaching. Conducted over four weekends.



**SPACE IS LIMITED.
REGISTER TODAY...**