

# course materials side 1

## LEVEL 1 MAT-PLUS courses IMP, CMR

REQUIRED MATERIALS	US \$	CDN \$
<input type="checkbox"/> Mat/Reformer Support Materials Book*	\$19.95	\$ 29.95
<input type="checkbox"/> <b>Mat-Plus Course Package</b> <i>includes:</i>	<b>98.82</b>	<b>132.12</b>
<input type="checkbox"/> Comprehensive Matwork™ Manual	50.00	67.00
<input type="checkbox"/> Essential Matwork™ video <i>2nd edition</i>	14.95	19.95
<input type="checkbox"/> Intermediate Matwork™ video <i>2nd edition</i>	14.95	19.95
<input type="checkbox"/> Sculpt & Tone, Flex-Band® Pilates level 1 video	14.95	19.95
<input type="checkbox"/> Power Fitness Circle® level 1 video	14.95	19.95

### OPTIONAL MATERIALS

<input type="checkbox"/> Arc Barrel video	19.95	24.95
<input type="checkbox"/> Advanced Matwork™ video <i>2nd edition</i>	14.95	19.95

## LEVEL 1 REFORMER courses IR, CMR

REQUIRED MATERIALS	US \$	CDN \$
<input type="checkbox"/> Mat/Reformer Support Materials Book*	\$19.95	\$ 29.95
<input type="checkbox"/> <b>Reformer Course Package</b> <i>includes:</i>	<b>207.72</b>	<b>278.82</b>
<input type="checkbox"/> Essential Reformer video <i>2nd edition</i>	29.95	39.95
<input type="checkbox"/> Intermediate Reformer video	34.95	44.95
<input type="checkbox"/> Power Reformer video	25.95	34.95
<input type="checkbox"/> Reformer Modifications video	29.95	39.95
<input type="checkbox"/> Essential Reformer manual <i>2nd edition</i>	55.00	75.00
<input type="checkbox"/> Intermediate Reformer manual <i>2nd edition</i>	55.00	75.00

### OPTIONAL MATERIALS

<input type="checkbox"/> Advanced Reformer video <i>set of 2</i>	52.95	69.90
<input type="checkbox"/> Advanced Reformer manual <i>2nd edition</i>	70.00	95.00

## LEVEL 1 CADILLAC, CHAIR & BARRELS courses ICCB, CCCB

REQUIRED MATERIALS	US \$	CDN \$
<input type="checkbox"/> <b>C,C&amp;B Course Package</b> <i>includes:</i>	<b>\$477.54</b>	<b>\$626.04</b>
<input type="checkbox"/> Essential Cadillac video	34.95	44.95
<input type="checkbox"/> Intermediate Cadillac video	34.95	44.95
<input type="checkbox"/> Essential Cadillac manual <i>2nd edition</i>	69.00	89.00
<input type="checkbox"/> Intermediate/Advanced Cadillac manual	79.00	99.00
<input type="checkbox"/> Essential Stability Chair™ video	29.95	39.95
<input type="checkbox"/> Intermediate Stability Chair™ video	29.95	39.95
<input type="checkbox"/> Split-Pedal Stability Chair™ video	29.95	39.95
<input type="checkbox"/> Complete Stability Chair™ manual	53.00	72.00
<input type="checkbox"/> Arc Barrel video	19.95	24.95
<input type="checkbox"/> Complete Arc Barrel manual	35.00	47.00
<input type="checkbox"/> Ladder Barrel video	24.95	34.95
<input type="checkbox"/> Complete Ladder Barrel manual	35.00	47.00
<input type="checkbox"/> Spine Corrector video	19.95	24.95
<input type="checkbox"/> Complete Spine Corrector manual	35.00	47.00

### OPTIONAL MATERIALS

<input type="checkbox"/> Advanced Cadillac video	34.95	44.95
<input type="checkbox"/> Advanced Stability Chair™ video	29.95	39.95

## save 10% off retail prices on course packages

Each **course package** contains all required materials listed beneath it. **Package prices reflect 10% discount. Discount available on phone orders only.**

\*NOTE: the **Mat/Reformer Support Book** is required for two courses but only needs to be purchased once.

## ADDITIONAL COURSE MATERIALS

### AVAILABLE AT MOST BOOK STORES

THESE TITLES ARE **REQUIRED** FOR COMPREHENSIVE AND **RECOMMENDED** FOR INTENSIVE COURSES

- Trail Guide to the Body, 2nd Ed, Andrew Biel
- The Anatomy Colouring Book, Kapit & Elson



Please allow 10-12 days from receipt of payment for delivery within North America, subject to availability.

**TAXES** apply as follows: 7% gst across Canada, additional 8% pst in Ontario. No taxes outside Canada.

**SHIPPING RATES:** Within continental USA & Canada: 1 video / manual = \$5; 4 to 9 videos / manuals = \$15. Shipping costs vary outside North America, please contact us for precise amounts. Make cheques payable to STOTT PILATES.

**Prices are subject to change without notice.** Course materials may change, please contact us before ordering.

See reverse for level 2 course materials.

**STOTT PILATES™**  

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# course materials side 2

## LEVEL 2 MATWORK course AM

REQUIRED MATERIALS	US \$	CDN \$
<input type="checkbox"/> Advanced Matwork™ video <i>2nd edition</i>	\$ 14.95	\$ 19.95

## LEVEL 2 REFORMER course AR

REQUIRED MATERIALS	US \$	CDN \$
<input type="checkbox"/> Advanced Reformer video <i>set of 2</i>	\$ 52.95	\$ 69.90
<input type="checkbox"/> Advanced Reformer manual <i>2nd edition</i>	70.00	95.00

## LEVEL 2 CADILLAC, CHAIR & BARRELS course ACCB

REQUIRED MATERIALS	US \$	CDN \$
<input type="checkbox"/> Advanced Cadillac video	\$ 34.95	\$ 44.95
<input type="checkbox"/> Advanced Stability Chair video	29.95	39.95
<input type="checkbox"/> Intermediate/Advanced Cadillac manual	79.00	99.00

## REHABILITATION courses RMR1, RMR2, RCCB1, RCCB2

REQUIRED MATERIALS	US \$	CDN \$
<input type="checkbox"/> <b>Rehab Course Package</b> <i>includes:</i>	<b>\$ 89.82</b>	<b>\$ 116.82</b>
<input type="checkbox"/> Be Kind to your Spine, Back Care level 1 video	14.95	19.95
<input type="checkbox"/> Standing Tall, Back Care level 3 video	14.95	19.95
<input type="checkbox"/> Lumbar Stabilization video	34.95	44.95
<input type="checkbox"/> Shoulder Stabilization video	34.95	44.95

### OPTIONAL MATERIALS

<input type="checkbox"/> Essential Matwork™ video <i>2nd edition</i>	14.95	19.95
<input type="checkbox"/> Comprehensive Matwork™ Manual	50.00	67.00
<input type="checkbox"/> Pain-Free Posture, Back Care level 2 video	14.95	19.95
<input type="checkbox"/> Essential Reformer video	29.95	39.95
<input type="checkbox"/> Essential Reformer manual <i>2nd edition</i>	55.00	75.00
<input type="checkbox"/> Essential Cadillac video	34.95	44.95
<input type="checkbox"/> Essential Cadillac manual <i>2nd edition</i>	69.00	89.00

## INJURY & SPECIAL POPULATIONS course ISP

REQUIRED MATERIALS	US \$	CDN \$
<input type="checkbox"/> <b>ISP Course Package</b> <i>includes:</i>	<b>\$152.82</b>	<b>\$202.32</b>
<input type="checkbox"/> Be Kind to your Spine, Back Care level 1 video	14.95	19.95
<input type="checkbox"/> Standing Tall, Back Care level 3 video	14.95	19.95
<input type="checkbox"/> Lumbar Stabilization video	34.95	44.95
<input type="checkbox"/> Shoulder Stabilization video	34.95	44.95
<input type="checkbox"/> ISP Manual	70.00	95.00

### OPTIONAL MATERIALS

<input type="checkbox"/> Pain-Free Posture, Back Care level 2 video	14.95	19.95
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Discount available on phone orders only.

Please allow 10-12 days from receipt of payment for delivery within North America, subject to availability.

TAXES apply as follows: 7% gst across Canada, additional 8% pst in Ontario. No taxes outside Canada.

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Course materials may change, please contact us before ordering.



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