

## **Courses in Berlin: Matwork Evolution and Pilates with the Band**



**Saturday 20th October 2018 &  
Sunday 21st October 2018**

Body Control Pilates is one of the world's most respected Pilates education providers. These two one-day courses are the first being offered by Body Control Pilates as part of its new schedule for Germany. Both courses are perfect for matwork-trained Pilates teachers. They will teach you new repertoire and ways of combining exercises to add challenge and interest to your matwork classes. Course tuition is by senior Body Control Pilates UK tutor, Katherine Pentecost.

**Tanz & Theater im PHYNIXtanz e.V.**

**Veranstaltungsort:**

**PHYNIXtanz**

Hasenheide 54, 10967 Berlin [www.phynixtanz.de](http://www.phynixtanz.de)

## Course Descriptions:

Courses will be in English, translation where needed on the day.

### Matwork Evolution (Saturday 20<sup>th</sup> October) 10.00-17.00 (incl. breaks)

This is ideal for teachers whose main focus is teaching group matwork classes. Ideal for new ideas for experienced teachers, It is also a perfect first step after starting to teach as it provides new exercises and combinations covering all planes of movement. The exercises covered will provide a gradual challenge to your clients enabling safe, effective progression. In addition, the course will look at developing your verbal cueing and at how you can become more creative in your teaching using the skills that you have already acquired – skills that will develop the familiar basic exercises to a new level. This is a highly practical course, giving you the opportunity to fully understand and practise each exercise, so that you can quickly and easily incorporate the material into your own classes.

### Pilates with the Band (Sunday 21<sup>st</sup> October) 10.00-17.00 (incl. breaks)

Stretch bands are one of the simplest and most effective accessories available to a Pilates teacher. They can be used to increase or decrease the challenge of many familiar exercises from the Pilates matwork repertoire. They give greater opportunity to work with closed-chain movements, which can provide increased support and feedback as well as being used to increase physical load. This course covers more than thirty exercises using different levels of resistance bands, demonstrating the effectiveness of this simple accessory. The exercises covered are aimed at beginner to intermediate level clients. The course also explores in detail the techniques needed to perform and teach these exercises safely and effectively and resistance choice for each exercise.

### **Fees – Special Introductory Offer!**

**Standard Fees per course 130 € \***

**Book both courses for 220 € \***

**\* Save 20 € if you book and pay before 14.09 2018**

**Infos / Anmeldung:** **Tanz & Theater im PHYNIX e.V. c/o PHYNIXtanz**  
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**Kontoverbindung:** **Tanz und Theater im Phynix e.V.**  
GLS-Bank  
IBAN: DE33430609671168472700  
BIC: GENODEM1GLS  
Verwendungszweck: Body Control Pilates 10.2018

Tanz & Theater im PHYNIX e.V.  
Vereinsregister-Nummer: VR 33793 B AG Berlin Charlottenburg

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10967 Berlin  
2./3. Hof, 3.Etage  
  
Tel: 030-60930820 [www.phynixtanz.de](http://www.phynixtanz.de)  
Fahrverbindung: U 7 - „Südstern“

*diese Fortbildung wird unterstützt von Tanz-und Theater im PHYNIX e.V.*

## **MATTENTRAINING UMSCHULUNG GEPLANT IN BERLIN: MARZ.20-24 2019**

Wer Interesse an ein Trainer\_innen Zertifikat von Body Control Pilates hat und Mitglied in Europas größte und aktivste Pilates Gemeinschaft werden möchte, ist eingeladen, an der ‚Conversion Course‘ Mattentraining Umschulung im März 2019 in Berlin teilzunehmen. Mehr Informationen:

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