

Endurolates – Remastered

an online mat workshop

&

Happy Hips, Healthy Spine

an online mat masterclass

with

Nathan Gardner



Saturday 26th August: Endurolates - Remastered

10am-4pm (including break)

£150 (Academy members pay £135, 'Academy Plus' £127.50)

CPD List A 30 points

Saturday 2nd September: Happy Hips, Healthy Spine

10am-12pm

£30 (Special 'Welcome back after Summer!' price – no Academy discounts)

CPD List A 15 points

Endurolates - Remastered

Movement Endurance Conditioning in a Pilates Matwork Setting

Nathan's 'Endurolates' series of workshops have been extremely popular for more than 10 years now.

This latest edition brings more than just "the burn" to the Pilates Mat!

Upgraded and expanded to meet the increasing demand for high intensity Pilates classes, Nathan incorporates fundamental exercise science principles into the Pilates matwork class format. Drawing on a range of physiological and psychological fatigue protocols and aimed at developing movement endurance, you will learn strategies that you can apply to a wide range of abilities and exercise outcome agendas. As well as building the structure and strategies needed to create effective endurance-focused classes, you will also be introduced to new exercises and variations that can be included within those classes.

This is primarily a practical workshop designed for you to 'experience the work'. It culminates in a 45-60 minute circuit. Bring a focused mind and have a towel at hand!

This workshop is open to all matwork-qualified teachers.

Happy Hips, Healthy Spine

Maintaining hip function is fundamental to all areas of musculoskeletal health, particularly the spine.

This highly practical two-hour masterclass introduces some invaluable movement sequences and exercises to help improve and maintain hip mobility and function. It also redresses the imbalances caused by excessive frontline-focussed exercises that can occur in Pilates and other abdominal-focused training environments.

This masterclass is open to all matwork-qualified teachers.

ABOUT NATHAN

Nathan is a highly experienced and respected Pilates teacher and educator. Well known in the Pilates community, he has presented and lectured in over 10 countries across five continents. Renowned for his innovative cut to the chase approach, Nathan has been teaching Pilates for 23 years and has over 35 years' experience in physical and mental conditioning. He is the founder of NRG Pilates, and KineticNRG Movement Teaching Academy, providing ongoing education for qualified movement teaching professionals. Much of his knowledge and insight stems from his time as a professional athlete. Successfully representing Great Britain as a freestyle mogul skier on the World Cup circuit throughout the 1990's, it was his premature exit from this competitive career due to injury prior the 1998 Winter Olympic Games that set him on the path he is still following today. After training with Body Control Pilates in 2000, Nathan set up and ran a successful Pilates Studio alongside his existing personal training business for seven years before dedicating more of his time to teacher education. Nathan continues to work for Body Control Pilates as a teacher trainer and member of their education management team, heading up their Level 4 Pilates and Performance programmes. In addition, Nathan is a valued member of the treatment and performance enhancement team at 'The Urdang' in City University of London's Department of Performing Arts. He is also PADI scuba diving instructor, so if you fancy learning to dive or want to work on your underwater movement skills, let him know!

Zoom invites will be sent 48 hours beforehand.

To book:

Card, Education Season Ticket, Credit

If you want to use pay by card, Education Season Ticket, or any other credit that you have, please call the team on 020 7636 8900 (weekdays, ideally between 10am and 4pm) or drop an email to info@bodycontrolpilates.com

Bank Transfer:

Please give 'NG' as the reference and transfer to

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Transferwise

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