



Immersion Program Workshops

History and Lineages

This session explores the history and development of the Pilates Method in context of a broader global picture. Building a perspective based in facts and actualities of the time allows for contextualisation of industry development and overviewing the all-important lineages and important figures and events in the Pilates method industry. Selected repertoire variations across apparatus and approaches will be experienced. 6 PDPs

Modern Posture

Looking at strategies, approaches and repertoire applications for Modern Posture, this session examines more complex biomechanical issues developing from modern lifestyles as well as modern day ways in which we can view and treat posture. Included will be exercise selections and repertoire variations to apply in the studio to rebalance. 5 PDPs

Creating An Environment for Health

This session explores strategies, approaches and repertoire applications that allow us to create an environment for health. We will examine essential requirements, exercise selections and repertoire variations that allow us to layer a more complex understanding of how to function more efficiently and how to view Pilates programming for a health-enabling perspective. 5 PDPs

Programming and Application

This is a day of programming for more complex client issues and conditions, working through activities related to programs provided as templates for experiential use and the repertoire variations from the programs. Client condition template programs will be provided, although requests to include specific conditions or requirements may be made in advance. 5 PDPs

For rates, terms and bookings please submit the contact form with your details