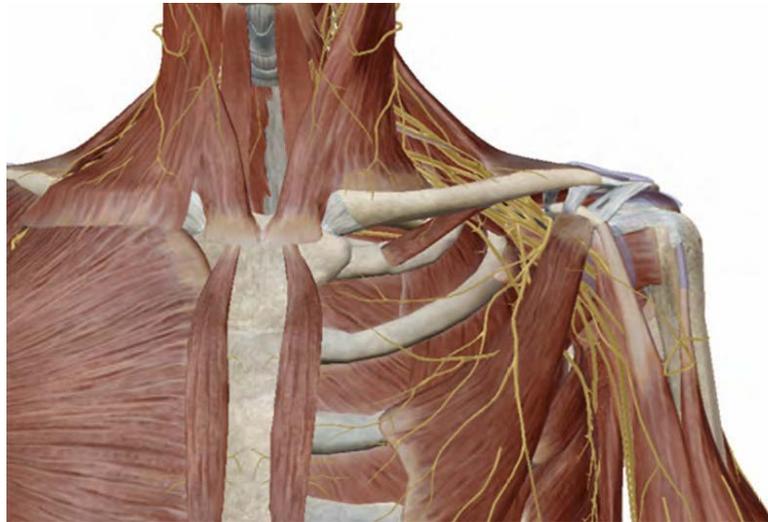


# Introduction to Anatomy



## Benjamin Rashleigh

Diploma of Professional Pilates Instruction 91491NSW  
Certificate IV in Training and Assessment

For almost a decade, Benjamin dedicated himself to a career as a fine dining chef, both here in Australia and in Europe. Working 60+ hour work weeks, hunched over a bench caused chronic lower back pain to develop – therefore he was forced to wear a brace on a daily basis just to accomplish simple daily tasks.

Benjamin's physiotherapist recommended he take up Pilates to address the damage that had been caused. Benjamin quickly discovered the benefits of the Pilates Method and developed a passion for the discipline – deciding to career change to becoming a Pilates instructor.

Benjamin is the manager of Aligned for Life's Melbourne CBD studio. This role allows him to teach others the benefits of moving, and helping others that find themselves suffering similar symptoms from long hours spent in static positions without enough attention to mobilizing and exercising.

Presented by

## Benjamin Rashleigh

National Pilates Training has designed this course for those studying the Certificate in Pilates Matwork Instruction and the Diploma of Professional Pilates Instruction (10537NAT) with us, and for anyone interested in learning more about the body and how it works.

Over six in-depth sessions, Benjamin will guide students through basic anatomy and physiology principles and practical application to movement. Students will gain an understanding of the body's skeletal structure, the role of bones and muscles in relation to movement.

### Introduction to Anatomy

**Friday 9 February 2018**

**11:00 am – 1:30 pm**

**2:00 pm – 4:30 pm**

**Friday 16 February 2018**

**9:00 am – 11:30 am**

**12:00 noon – 2:30 pm**

**Saturday 17 February 2018**

**12:30 pm – 3:00 pm**

**3:30 pm – 6:00 pm**

**Aligned for Life studios, L 4, 370 Lt Bourke Street, Melbourne**

**Materials...** will be supplied by National Pilates Training

**Assessment will include...** Short practical assessment and a pop quiz

#### Cost

\$800.00

#### How to register?

Contact our Course Administrator for an enrolment form:

[npt@alignedforlife.com.au](mailto:npt@alignedforlife.com.au) or 03 9642 0580

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