

Open Days

2018



Katrina Edwards
Director of Training,
Principal Instructor

- Advanced Diploma of the Pilates Method (91490NSW)
- Diploma of Dance (Australian Ballet School)
- Cert IV Training & Education (TAE40110)
- Director of Training and Faculty Educator, National Pilates Training
- Founder, Aligned for Life Pilates and National Pilates Training

Open Day is the perfect opportunity to get the answers to all the questions you have about studying the Pilates Method with NPT and training to become a qualified Pilates Instructor as your new career.

SEE...

where the training takes place in our centrally located Melbourne CBD studio (Level 4, 370 Little Bourke Street)

HEAR...

from Katrina Edwards, Director of Training at NPT about her journey and her passion for the Pilates Method.

TAKE PART...

in a free 1-hour Matwork class

Experience first-hand the power of the Pilates Method. Not to be missed!

2018 Open Day Dates	Time
Saturday 24 March	9:00 am – 12:30 pm
Saturday 21 April	9:00 am – 12:30 pm
Saturday 13 October	9:00 am – 12:30 pm
Saturday 17 November	9:00 am – 12:30 pm

If you would like to learn more about the Pilates Method, and the career paths it can lead to, please contact hello@alignedforlife.com.au and book your place in the Matwork class.