

# Pilates Method Immersion 2018



## Sally Anderson

Advanced Diploma Pilates, PMA®-CPT,  
Advanced Diploma Management, Cert  
IV TAE, Cert Nutrition

Sally started Pilates in 1988 with Rael Iscowitz and has since taught in all continents of the world; first for BASI then for Pilates ITC. In 2000, Sally founded PilatesITC, which, by 2004, became a government registered training organisation.

At the same time, Sally led development of the first-ever government-accredited Pilates courses that set the benchmark for the Australian industry, and the subsequent articulation of these courses to Bachelor degrees in 2013.

Sally was founding President-elect of the Australian industry peak body (Pilates Alliance Australasia – PAA), stepping down in 2010. She has written extensively as a Pilates expert in hardcopy and online publications, films regularly for Pilates Anytime and has featured several times in *Pilates Style* magazine.

Sally continues to present Continuing Education across Australia and the world, and is working on several soon-to-be-released projects. Learn more at [www.sallyanderson.com](http://www.sallyanderson.com)

Presented by

## Sally Anderson

After fabulous experiences and feedback in 2017, National Pilates Training is delighted to host Sally Anderson for the second year running! Over four separate sessions throughout the year, Sally will delve into the history, lineages and applications of the Pilates Method in an intensive Pilates Immersion program.

Each session will include a Matwork or similar group workout class, and experiential repertoire exploration relevant to the day's focus.

### Session 1: History and lineages

Beginning with a look at the history and development of the Pilates Method, and the transition to its present global context, we will build a perspective based in facts which considers industry development and lineages, as well as important figures in the history of the Method. We will familiarise ourselves with significant events which affected the profession, as well as formative studios, figures and lineages. We will also apply selected repertoire variations across apparatus and approaches.

### Session 2: Modern Posture

Looking at strategies, approaches and repertoire applications for Modern Posture, this session examines more complex biomechanical issues developing from modern lifestyles, along with exercise selections and repertoire variations to apply in the studio to rebalance. Sessions 2 and 3 are postgraduate-level work.

### Session 3: Creating an environment for health

Exploring strategies, approaches and repertoire which allow us to create an environment for health. We will examine essential requirements, exercise selections and repertoire variations which allow us to layer a more detailed understanding of how to function more efficiently and how to view Pilates programming for a health-enabling perspective.

### Session 4: 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.

## Pilates Immersion Program presented by Sally Anderson

### ELIGIBILITY TO ENROL

Registrations will be accepted based on meeting the following eligibility criteria:

- **Qualification** - applicants must hold comprehensive training outcomes: Diploma level equivalence or above
- **Five or more years experience teaching Pilates professionally** - applicants with less experience may be considered on a case-by-case basis where other influencing factors are present (i.e.: additional teaching experience in movement fields, qualifications etc)

### LUNCH AND BREAKS

Mid contact session breaks will be provided between 30-60 minutes depending upon the length of the block. Light snacks will be on site however meals or more substantial food should be brought with you or obtained from surrounding cafes.

NPT will provide light snacks and water during the sessions.

### ATTIRE

You will participate in movement during the programs. Please bring or wear appropriate movement clothing.



### SESSION DATES

- |                        |                 |
|------------------------|-----------------|
| 1. Sunday 25 March     | 9:30 am–4:30 pm |
| 2. Sunday 6 May        | 9:30 am–4:30 pm |
| 3. Friday 14 September | 9:30 am–4:30 pm |
| 4. Friday 16 November  | 9:30 am–4:30 pm |

### PAYMENT OPTIONS

- Option 1: **\$1,295.00** one-off fee for full program
- Option 2: **\$360.00** per session

Do all four sessions spread over an eight-month period, or select the session(s) that you would like to attend. Sally will share her techniques, strategies and approach to teaching the Pilates Method, with focus on areas of her specific interest and the result of her years of training, experience and varied studies.

### PROGRAM COSTS & TERMS

The cost of this program includes all program contact hours, manual and handouts, and on successful completion the ongoing right to promote the outcome you have achieved. Upon successful completion you will be awarded a certificate of 'Pilates Method Immersion: Mentor Program with Sally Anderson'. This program cost does not include additional workouts, travel expenses, food, clothing, additional text books, outside workshops, or any lodging.

### CONTINUING EDUCATION POINTS

PAA PDPs = 6 PDPs per session, up to a maximum of 15 PDPs for all four sessions.

### REGISTRATION

Click [here](#) to register for individual sessions, or please contact our Director of Training - Katrina Edwards - at [katrina@alignedforlife.com.au](mailto:katrina@alignedforlife.com.au) to register for all four sessions.

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pilates  
training