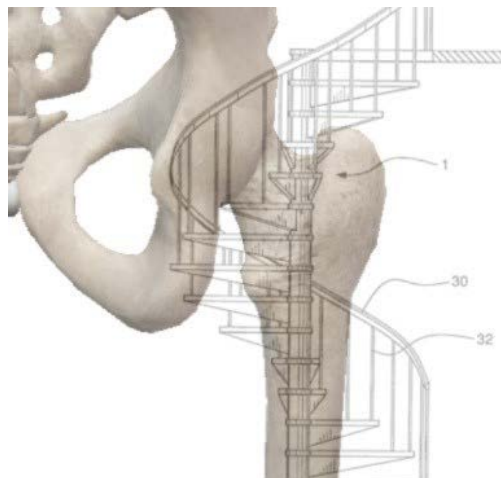


Find your Rhythm



Benjamin Rashleigh

Diploma of Professional Pilates Instruction (91491NSW)
Certificate IV in Training and Assessment (TAE40110)

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 is delighted to offer this workshop. Come and explore the spirals and twists in the lower body that help us move efficiently

Common misconceptions in movement and recruitment patterns in the lower limbs will be revealed. This workshop also incorporates an opportunity to refresh your knowledge of anatomy and physiology principles.

The human body isn't designed to move through a strict singular plane; discover and learn about the limbs' need to twist and spiral when moving through longitudinal planes.

The workshop will finish with relevant exercise prescription to take away and use in your own practice and with clients.

Find Your Rhythm

Friday 9 November 2018

2:00 pm – 6:00 pm

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

Suitable for... Certificate- or Diploma-qualified Pilates professionals

Materials... will be supplied by National Pilates Training

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

Continuing Education Points

PAA PDPs = pending

APMA CECs = pending

Cost

\$200.00

How to register?

Access the MindBody Online [website](#) to register

national
pilates
training