

# Training and Continuing Education Calendar 2018

national  
pilates  
training



Welcome to our Continuing Education schedule for 2018. We have an exciting program of professional development this year and we look forward to sharing these training opportunities with you.

**Katrina Edwards**  
Director of Training

National Pilates Training is excited to offer a continuing education schedule for 2018 which includes our Instructor Training courses, as well as a selection of Masterclasses, workshops and short courses presented by our NPT Faculty **Katrina Edwards, Kath Banks, Maggie Macgill, Benjamin Rashleigh** and **Helen New** plus our diverse range of guest presenters.

**Sally Anderson**, Director of Pilates ITC, will again share her passion for the Pilates Method with her Pilates Method 'Immersion' program, after a successful 2017 series. Experience a deepening of existing skills and knowledge, and a broader, in-depth understanding of the Method.

NPT staff, Aligned for Life Pilates instructors and some guest presenters are delighted to celebrate International Pilates Day with a Case Study of Pilates for MS, while NPT's Director of Training **Katrina Edwards** will be presenting some not-to-be-missed Masterclasses through 2018. Later in 2018 **Kath Banks** will be presenting an important workshop focusing on Pilates for Post-Natal Rehab.

Join National Pilates Training Faculty Educator **Helen New** as she provides a deeper look at Curvy Bodies – applying Pilates programming strategies to the Scoliotic client.

Aligned for Life CBD studio instructor **Maggie Macgill** will help us to find balance using a range of exciting and

experiential Pilates techniques and approaches, in her 'Pilates on the Run' series, while our CBD studio manager **Benjamin Rashleigh** will guide incoming Certificate and Diploma students through a short course on Introduction to Anatomy, as well as helping us to Find our Rhythm later on in the year.

**Paula Baird-Colt**, an innovative dance-movement specialist, will offer a series of weekend workshops that will expand the selection of teaching content and strategies to enhance conditioning for dancers.

For the third year running, we are pleased to continue our partnership with **Sandy McDonald**. Sandy is an online marketer, author and TEDx presenter, and founder of Get it Right Online and Why You Must Blog. Sandy will harness her skills and experience to help you achieve clarity in – and new ideas for – your business ventures.

All training is held at:  
Aligned for Life Pilates CBD Studio  
Level 4, 370 Little Bourke Street  
Melbourne VIC 3000  
03 9642 0580  
npt@alignedforlife.com.au



Pilates Alliance  
— Australasia —

# 2018 CALENDAR TRAINING AND CONTINUING EDUCATION



DATE / S	TYPE	TITLE	PRESENTER
<b>FEBRUARY</b>			
Start any time	One-on-one mentoring	Clarity in Business	Sandy McDonald
Commencing Friday 2 February	Advanced Diploma	Advanced Diploma of the Pilates Method (10538NAT)	Kath Banks Katrina Edwards
Commencing Friday 9 February	Short Course	Introduction to Anatomy	Benjamin Rashleigh
Commencing Friday 23 February	Certificate / Diploma	Diploma of Professional Pilates Instruction (10537NAT) Certificate in Pilates Matwork Instruction	Kath Banks, Katrina Edwards Helen New Chantel Roulston
<b>MARCH</b>			
Saturday 24 March	Open Day	National Pilates Training Open Day	Faculty - National Pilates Training
Sunday 25 March	Workshop	Pilates Method Immersion #1 History and Lineages	Sally Anderson
<b>APRIL</b>			
Saturday 21 April	Open Day	National Pilates Training Open Day	Faculty - National Pilates Training
Saturday 28 April	Workshop	Pilates on the Run #1	Maggie Macgill
<b>MAY</b>			
Saturday 5 May	Classes	International Pilates Day Group Reformer Classes GOLD COIN DONATION TO MS Ltd	Chantel Roulston
Saturday 5 May	Workshop	International Pilates Day Case Study: Pilates for Multiple Sclerosis (MS) GOLD COIN DONATION TO MS Ltd	Kath Banks, Katrina Edwards, Chantel Roulston
Sunday 6 May	Workshop	Pilates Method Immersion #2 Modern Posture	Sally Anderson
Commencing Sunday 20 May	Short Course	Introduction to Anatomy	Benjamin Rashleigh
Friday 25 May	Workshop	Pilates on the Run #2	Maggie Macgill
<b>JUNE</b>			

Commencing Saturday 2 June	Certificate / Diploma	Diploma of Professional Pilates Instruction (10537NAT) Certificate in Pilates Matwork Instruction	Kath Banks, Katrina Edwards Helen New Chantel Roulston
<b>JULY</b>			
Sunday 22 July	Workshop	Curvy Bodies – A Deeper Look at Scoliosis	Helen New
<b>AUGUST</b>			
Commencing Friday 3 August	Certificate	Certificate in Pilates Matwork Instruction	Kath Banks Katrina Edwards Chantel Roulston
Sunday 5 August	Workshop	Pilates on the Run #3	Maggie Macgill
<b>SEPTEMBER</b>			
Friday 14 September	Workshop	Pilates Method Immersion #3 Creating an Environment for Health	Sally Anderson
Saturday 15 September	Workshop	Post-Natal Rehabilitation	Kath Banks
<b>OCTOBER</b>			
Saturday 13 October	Open Day	National Pilates Training Open Day	Faculty – National Pilates Training
Saturday 13 October	Workshop	Pilates on the Run #4	Maggie Macgill
Saturday 27 October	Masterclass	Topic TBC	Katrina Edwards
<b>NOVEMBER</b>			
Friday 9 November	Workshop	Find Your Rhythm	Benjamin Rashleigh
Friday 16 November	Workshop	Pilates Method Immersion #4 Programming and Application	Sally Anderson
Saturday 17 November	Open Day	National Pilates Training Open Day	Faculty – National Pilates Training
Commencing Sat 24 November	Short Course	Conditioning for DANCERs Module 1 – Focus	Paula Baird-Colt
<b>DECEMBER</b>			