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THE AUSTRALIAN PHYSIOTHERAPY & PILATES INSTITUTE



# Pilates And Small Equipment

**Online**

This course is designed to add variety and challenge to your Pilates programmes by incorporating the Pilates Circle and Foam Roller.

## About the course

This course is designed to add variety and challenge to your Pilates programmes by incorporating the Pilates Circle and Foam Roller.

Why this equipment? The Pilates Circle adds a strength and endurance component to your Pilates teaching, whilst the foam roller enables you to incorporate balance, co-ordination and sequenced movement patterns into your rehabilitation programme.

The Pilates Circle is a small resistance ring that can be used to engage the global muscles when progressing your programmes and classes. The Foam Roller, like the Circle, is a versatile piece of equipment which can be used to train and challenge balance reaction in various positions. Both pieces of equipment are useful adjuncts to any rehabilitation programme.

## What you'll learn

✓ How to incorporate balance, co-ordination and sequenced movement patterns into your rehabilitation programmes.

✓ Beginner through to advanced stretching, mobility and proprioception exercises.

✓ To progress matwork based exercises by adding resistance.

✓ Add strength and endurance to your Pilates programmes through the addition of the Foam Roller and the Pilates Circle.

## GET IN TOUCH

APPI, The Chapel
Wellington Rd
London NW10 5LJ

advice@appihealthgroup.com
www.appihealthgroup.com

+ 44 (0) 345 370 2774

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*Whether you're looking to diversifying your classes or support effective rehabilitation programmes, this course will enable you to discover new ways to engage your clients and take their Pilates experience to the next level.*

# Course schedule

## Morning

- ✓ Registration
- ✓ Magic Circle repertoire
- ✓ Morning tea
- ✓ Magic Circle repertoire

## Afternoon

- ✓ Foam Roller repertoire
- ✓ Afternoon tea
- ✓ Workshop: Case studies

There will be a break for lunch after the morning session and a further break during the afternoon session.

## Eligibility

**To be eligible to attend this course you must have completed APPI Matwork Level 1, APPI Matwork Certification (upon completion of contact tutorial hours) or a 2 day or more Pilates Matwork Course from a recognised Pilates Provider.**

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