

Innovations in Pilates

WITH ANTHONY LETT



MARCH 5, 2016 - MARCH 6, 2016

WHITE MOUNTAIN PILATES STUDIO

10:00 AM - 5:00 PM

SPACE IS LIMITED



Anthony Lett, the author of two books titled "Innovations in Pilates," will teach on the major themes of his Pilates Reformer book in this workshop. This two day course will cover the fundamental theme of stretching in the education, teaching and professional development of any teacher or serious student.

"Innovations in Pilates" details the integration of Therapeutic Muscle Stretching on the Pilates reformer. It has been described as the 'missing element' in Pilates repertoire and teacher education. Anthony's course will introduce you to the latest research in stretching biomechanics and neurophysiology in practical ways that will give you new insights into the Pilates system and dozens of new and effective ways of using your reformer. Whether you teach in a clinical or well-being based Pilates model, the work will enable you to increase the effectiveness of your programs and offer new and exciting class formats. With the latest 3d analysis of movement, the course will also clarify and develop your anatomical knowledge in theoretical and experiential ways.

It is going to be a weekend jam-packed with information designed to inform, improve and challenge the way that you think about and teach your Pilates work!



"Anthony Lett's workshop 'Innovations for Pilates' was incredible. There are workshops that are intellectually filled with incredible ideas and knowledge about the body. There are workshops that makes your body feel great. Anthony gave us both. Anthony Lett's book is one of the best books on the market for professional teachers. Stay tuned. We want Anthony back next year."

Lesley Powell

*Owner of Movements Afoot Pilates Studio,
New York City*

ANTHONY LETT

Anthony Lett is a Pilates studio owner, writer and teacher educator from Australia. Anthony is the author of what is described as the "missing element" in Pilates education, the popular books and eBooks titled Innovations in Pilates-Therapeutic Muscle Stretching on the Pilates Reformer, and Matwork for Health and Wellbeing. Both books detail the evolution and modern development of one of the central but less developed themes in the work of Joe Pilates, the quality of flexibility.

Anthony has a diverse background with university qualifications in Philosophy, Sports Science, Exercise Medicine, Mind/body medicine and Clinical Anatomy. In his presentations Anthony combines all of these diverse influences into a relaxed, entertaining and knowledge filled package.

In addition to serving as the Director of advanced Education at BASI Pilates, Anthony teaches his BASI Innovations in Pilates and Pilates Anatomy certifications worldwide. To date, Innovations in Pilates has been an essential Pilates post graduate certification in over 25 countries.

REGISTER NOW

ENROLLMENT:

\$600

Contact BASI Academy for more info:

Phone: 1 (949) 574-1343

Website: www.basipilates.com

LOCATION

WHITE MOUNTAIN PILATES STUDIO

635 LASSEN LANE

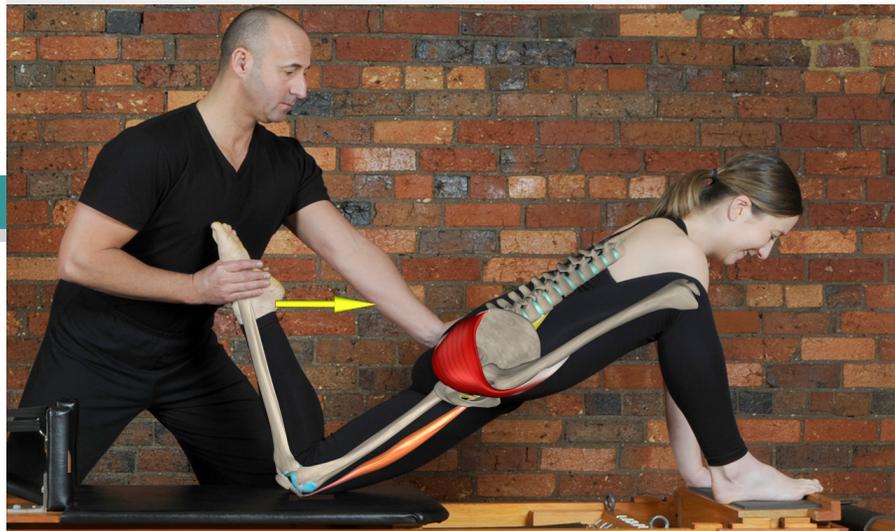
MT. SHASTA, CA 96067

(530) 859-9017

WHITEMOUNTAINPILATES.COM



For further details about the location contact Jennifer Wood at White Mountain Pilates Studio: (530) 859-9017



COURTESY OF BASI PILATES ©2015

3080 BRISTOL STREET, SUITE 500, COSTA MESA, CA 92626 | WWW.BASIPILATES.COM

