

2019 / 2020

<b>Course Code</b>	Q3523
<b>Tutor</b>	Wendy Amaral
<b>Venue</b>	Ramsey Grammar High School, East Building
<b>Cost</b>	£60
<b>Start Day, Date &amp; Time</b>	Thursday 3 <sup>rd</sup> October 2019 6.30pm – 7.30pm
<b>Number of Weeks / Sessions</b>	9 Weeks

### What is the course about?

The starting point for anyone new to Pilates, or an opportunity for those with limited knowledge to learn the methods and gain a true understanding of the Pilates Principles and techniques. Suitable for men and women of all ages, abilities and fitness levels. The course will progress to include the use of some Pilates small equipment.

Learn to focus the mind as you exercise the body. This low impact movement technique teaches a unique method of body conditioning and control that will stay with you long after your session!

When practised consistently, Pilates can help to improve posture, mobility, core stability, strength, balance, co-ordination, flexibility, relaxation and general well-being. It can also aid in the prevention and rehabilitation of low back pain and injury.

The first two sessions will provide an 'Introduction to Pilates' for anyone new to Pilates, or for those wishing to 'go back to basics', to refresh or refine their technique. During these sessions, you will have an opportunity to explore some of the basic Fundamentals and key Principles of Pilates, enabling you to gain a greater awareness and understanding of movement and posture. You will learn how to set the body up correctly by working through a number of introductory exercises, helping you to learn and master your ABCs (Alignment, Breathing and Core Stability).

Following completion of the Intro sessions, each week we will work through a number of Pilates exercises, helping to promote and enhance both physical and mental well-being. This course is suitable for men and women of all ages, abilities and fitness levels – options will be offered for different levels.

Sessions may include the use of small props such as balls, foam rollers or therabands to give you a unique, full body movement experience. Own mat and blanket required. All other equipment will be provided.

### Previous experience:

No previous experience required. Everybody welcome.

### Equipment you need to bring:

Own mat (recommended at least 10mm thickness) and blanket.

### General Information:

The times advertised for courses, especially 1-day and short courses, will normally include break(s) and a lunch period, as appropriate, and by agreement with the tutor at the sessions.

Students attending one-day workshops might like to note that there are hot/cold drinks and snack vending machines (crisps, sweets, chocolate, biscuits etc) in the College Refectory, which will be open during the day, but there are no sandwiches etc available, so students might like to bring a packed lunch with them, which can be consumed in the Refectory.

Some venues may have restricted parking facilities, disc parking etc, so please also be aware of this.

### Who should I contact?

For further information, please contact the Programme Area Secretary on 648204.