

Advanced Matwork – AM

The Advanced (Level 2) program begins with a review of relevant Essential and Intermediate exercises, then students learn to apply STOTT PILATES™ biomechanical principles to exercises that require a higher degree of strength, balance and coordination. These courses can be taken immediately after the corresponding Level 1 course

This one-day course progresses to more advanced material, providing further options and challenges on the mat for highly conditioned clients. Exercises require a high degree of strength, balance and coordination.

Also taught:

- Muscular initiation and sequencing of Advanced level exercises
- Multiple variations for variety and intensity
- 13 exercises



PREREQUISITES

IMP or CMR or GM + XMP

DURATION

6 hours instruction in one day

CECs

0.6 STOTT PILATES™

CAPACITY

Maximum 12 students

FEE

Please call 886-7744 for more information or write Studio@vivianzapanta.com

Required educational material, for each participants:

Advanced Matwork DVD 3rd Edition

*Also required from Level 1: Comprehensive Matwork manual
The following titles are required for all Comprehensive courses and recommended for Intensive courses.
Trail Guide to the Body, 3rd Ed, Andrew Biel
Muscular System Flash Pak, Bryan Edwards
Anatomy of Movement, Blandine Germain
Prices may change without prior notice.*

Upcoming Training Dates

Please click studio page and calendar to check for dates and times of this course.

\$150 US dollars reservation fee per course required & balance must be paid 2 weeks before the onset of the course.