



FitYogaProf vous propose une formation d'Instructeur Balanced Body – Pilates.

Découvrez « Balanced Body USA », le leader mondial des cursus Instructeurs de la méthode Pilates depuis 1976.

Grâce à FitYogaProf, suivez une formation de Balanced Body Pilates, et obtenez une certification internationale qui vous permet d'enseigner le Pilates partout dans le monde.

Cursus complet : Programme Equilibre du corps + Formation à la Technique Pilates

1er Module obligatoire : les principes du mouvement (16h)

Module fondamental obligatoire pour tous les instructeurs.

2e Module : Pilates Mat (16h)

Histoire & principes de la méthode Joseph Pilates.

Formation débutant et avancé Pilates MAT pour enseigner le Pilates sur Tapis.

Enseigner le Pilates aux personnes âgées et aux femmes après la grossesse.

Examens théoriques et pratiques.

Welcome to the Balanced Body Pilates Instructor Training Program!

Certification Balanced Body USA

BALANCED BODY MOVEMENT PRINIPLES®

02 ET 03 AVRIL

Thursday
9am-6pm



Friday
9am-6pm

Description of course:

The Balanced Body Movement Principles form the foundation of Balanced Body Education. They include the most important information on anatomy, assessment, biomechanics and foundational exercises needed to become a successful Pilates teacher, personal trainer or movement educator. The course mixes information on how the body works with basic exercises to illustrate the information in movement. Broken down into five categories: Whole Body Movement, Trunk Integration, Lower Body Strength and Power, Upper Body Strength and Balance and Dynamic Flexibility, Rest and Relaxation, the Movement Principles provide a solid foundation for training in any environment, with any equipment. You will come away with a complete tool box for effectively training clients to recover from injuries, improve their general fitness and enhance their performance. The focus on practical understanding of common movement patterns prepares instructors to be excellent at problem solving, goal setting and learning new exercise techniques with ease.

Course: \$250 US Dollar
Manual: \$50.00

Cancellation fee: \$100 if cancellation is within 2 weeks of the course start date.

PILATES MAT 1

04 ET 05 AVRIL

Saturday
9am-6pm
Sunday
9am-6pm

Description of course:

Introduction to Pilates & Beginning/Intermediate Exercises

Balanced Body Mat 1 includes an introduction to the history and principles of Pilates, a review of core anatomy, beginning and most intermediate level exercises with modifications, lectures on class order and programming in a fitness setting and guidelines for safely teaching seniors and pre-, and post-natal classes.

Pilates for sports specific activities are also covered.

Prerequisites:

1 Movement Principles

To become a fully qualified Balanced Body Mat Instructor, students must complete the following:



- Anatomy (strongly recommended)
- Balanced Body Mat 1 - Course work, written and practical test (16 hours)
- Balanced Body Mat 2 - Course work, written and practical test (16 hours)
- Balanced Body Mat 3 - Course work, written and practical test (16 hours)
- 25 Personal Sessions and 45 Mat Student Teaching Hours OR
- 20 Mat Personal Sessions and 15 Observation Hours and 35 Student Teaching Hours
- Balanced Body Final practical and written exam (Test Out)

Total hours for completion of Mat program: 134 hours (not including anatomy)

Upon completion of all the requirements, a certificate of completion as a Balanced Body Mat Instructor will be issued.

Course: \$250 US Dollar

Manual: \$50.00

Cancellation fee: \$100 if cancellation is within 2 weeks of the course start .

Centre FitYogaProf à El Menzah 1

Nombre de place limitées à 15 personnes

L ECOLE YOGA 'FITYOGAPROF

Teacher Training in Tunis.

Certification de yoga alliance americaine . Certification Balanced Body USA. Certification Yoga

Air [#Fityogaprof](#)

For more information visit:

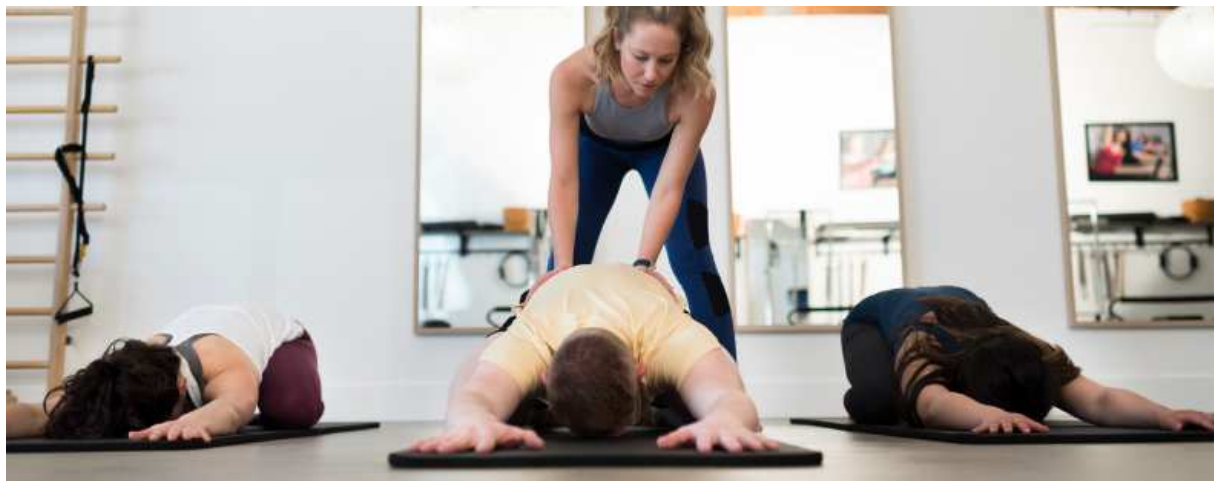
www.fityogaprof.com.tn

Le premier centre de Yoga et Yoga air à Tunis

YogaFit est conçu pour améliorer la santé, la performance et l'acuité mentale .

TEL +(216) 53 881 113

+(216) 31 501 792





balanced body®

Retirer le filigrane maintenant

Anna Fedoseeva

Master Trainer of Balanced Body since 2010. He has been working in the fitness industry since 1999. She worked as a group program trainer, personal trainer and supervisor in the clubs Reebok, Maxisport and Physical Education. She studied at Balanced Body inc., The Association of Fitness Professionals, Wellcom, the School of Yuri Siukhin and others. She has been training trainers in Pilates, aerobics, strength training, stretching, functional training, and personal training sales since 2005. The author of articles on fitness in Cosmopolitan, Glamor, Russian Reporter magazines. Visiting expert at the Vichy Menopause Conference. Speaker of on-line conferences Fitness season 2012 and 2013. Anna is also a translator of textbooks for Pilates workshops from Balanced Body.

 pdfelement



balanced body[®]

Retirer le filigrane maintenant

