



MAT PILATES TECHNIQUES FOR YOGA TEACHERS 50 HOUR CERTIFICATE

At Australian Yoga Academy, we are always looking for ways to expand our repertoire as yoga teachers and we know we have so much to learn from other disciplines.

For the first time, we are partnering with our friend, the talented Julia Frankish, of Evolved Pilates (www.evolvedpilates.com.au). Julia is a master Pilates teacher trainer and she has worked with us to develop mat Pilates training, specific for yoga teachers.

Course Outline

In this training you will learn principles of Pilates and how to incorporate this into yoga class planning. You will specifically cover:

- History, philosophy and principles of Pilates teaching
- Understanding anatomical terms and planes of movement
- Understanding exercise principles and training
- Safe stretching activities
- Common spinal pathology and assessing postural issues
- Understanding common medical issues and management through Pilates
- Understanding common special needs (such as pregnancy) and the Pilates repertoire
- Classical Mat Pilates Repertoire adjusted for Yoga Teachers
- Modern Pilates Class Planning adjusted for Yoga Teachers
- Understanding session blocking
- Overview of emergency procedures

Course Delivery Dates & Location of Training

Zoom induction – Wed 2 March 7pm-9pm

Practical lectures - 6 & 20 March, 3 April, 1 & 15 May (10am-5pm each day)

Zoom theory – 9 & 23 March, 6 & 20 April, 4 May (6pm-9pm)

Training will be held at Evolved Pilates, 324 Darebin Rd, Fairfield.



Modes of Learning

This course will be delivered by face-to-face only.

Qualification Received

AYA is an internationally recognised, Continuing Education Accredited School through Yoga Alliance Australia.

Accreditation for this course is pending approval.

Successful Completion of Course

Attendance requirements

If you are enrolled in the 50 hour Youth Yoga Certificate, you may miss 1 lecture only.

Should you miss more lectures than you are allowed, you may not be able to graduate. Please discuss any attendance issues with the Director of Education, Melanie Mackintosh on 0413 298 132 or at info@australianyogaacademy.com.

Assessments

All practical teaching assessments must be completed.

Fees and inclusions

\$1,250 - Early Bird (by 6 Feb 2022) & AYA YTT graduates

\$1,450 – Full price

Included in your fees:

- Access to the AYA Online Library for the duration of your study
- Access to all in-studio classes on the general weekly timetable at AYA, 42 Clifton St, Prahran, for the duration of your study. Studio memberships will be extended if COVID-19 lockdowns occur.
- Access to all livestream classes on the general weekly timetable.
- AYA T-shirt or singlet



COVID-19 Lockdown Provisions

Should a Government-enforced lockdown occur during training, the course does not pause. In this instance, the course will switch to be delivered via Livestream on Zoom for the duration of the lockdown. If density limits are in place, which means that the entire cohort cannot attend face-to-face at the same time, then studio time will be rotated fairly amongst the face-to-face cohort whilst density limits are in effect.

Teacher Bio

Julia Frankish is the owner and Director of Evolved Pilates. She opened the studio in 2014 after having taught for a decade in other studios around Melbourne and working closely with physiotherapists and other health practitioners to achieve the health and wellbeing goals of her clients.

Through her experiences with dance training, Julia was introduced to Pilates as a way to strengthen her body, and help hold it together. This ignited a lifelong love of the method and its intelligent movement principles. Julia particularly enjoys educating people that are looking to become Pilates teachers, and providing further education for existing teachers.

Julia enjoys working with a diverse range of clients. Her philosophy is that Pilates is for everybody – for all ages and body types, and an excellent tool in both acute injury repair and for increasing strength and injury prevention. She is particularly interested in hip and pelvis mechanics, low back pain and dance conditioning. Her approach is personable and educational and her sessions are designed to rid you of aches and pains, improve your strength and give you an opportunity to better understand your movement habits and mechanics. Pilates teaches the integration of body and mind, and this, combined with precision and control are consistent themes throughout her classes.



Please contact me for more information or to reserve a place in training on 0413 298 132 or at info@australianyogaacademy.com.

We look forward to helping you fulfil your yoga teacher training dreams.

Namaste, Mel

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