



BTPILATES  
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Pilates studio: 82 Salford Street Invercargill  
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## Information pack:

# btpilates introductory course starting October 25th 2017

## *Background*

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**Thank you for your enquiry re: btpilates introductory starting Wednesday October 25th at 6pm, & finishing 29<sup>th</sup> November. Sessions run from 6pm to 7pm at our studio on Salford Street.**

## *Btpilates origins and philosophy*

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Btpilates acknowledges the origins and evolution of Pilates from men's gymnastics (Duesseldorf, Germany) through hospital rehab (Isle of Man, UK), and maintenance of high level performance athletes (Hamburg and New York: ballet, circus and other sports such as baseball). Nowadays, with a little publicity from the Hollywood stars, Pilates has become a rehab and conditioning system widely respected and used by physiotherapists and conditioning coaches the world over. Btpilates builds upon this legacy with a smooth and flowing workout that automatically corrects weak muscles and tight body parts and re-patterns movement for increased comfort and efficiency and freedom from injury. Learn the exercises and do them regularly, and you will be young into your 90's.

## *Assessments*

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This course includes a short assessment (30 minutes but allow a little longer). The assessment identifies weaknesses and personal goals. A simple homework plan follows (one to three exercises only). Email follow up confirms your progress and keeps you (and us!) to the mark.

## *Problems currently under physio or doctor supervision*

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If you have an ongoing problem we'll want to talk to your health provider. We are fully qualified to do this, having had 27-year clinical background in veterinary medicine, and twelve years in therapeutic massage and exercise prescription for humans. The team approach is effective for enhanced outcomes.

## *What to wear, what to bring*

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Comfortable clothing for Pilates mat work and stretching. Pilates is performed with shoes off. Water tea and coffee is available. Mats are provided but bring your own if you wish.

## *Course content and price*

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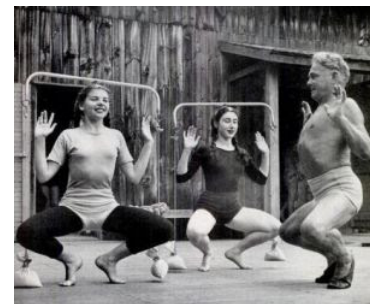
Course includes 6 one hour sessions and one strength and flexibility assessment. The cost is \$95 payable up front.

*Bruce Thomson B.V.Sc. Bowen Therapist and Certified Pilates instructor*

## A list of btpilates introductory exercises and stretches

*“Learn well and perform regularly and you’ll stay happy and young into your ninety’s....”*

Pilates classic exercises with stretches, lunges and back safe movements, and calf and foot maintenance.



### First half

One hundred	
Rollup	
Single leg side to side & leg bicycle	
Rolling	
SL Stretch	
DL stretch	
Spine stretch	
Saw	

### Second half

The dart and dart look left and right	
Swan dive prep and rest position and puppy pose	
Bear and quadruped	Can add yoga pose “Downward dog”
Side kicks bent knee at 90 front and back	Also called sidelying
Side kicks front and back	
Side kicks up and down (include heel beats)	
Swimming	
Mermaid sitting and kneeling spine	
Standing roll down	Can add pushups or Leg pull front

### Back safe movement and lunges

Hindu	
Skier	
Sumo	
Spiderman stretches	
Tower stretch	
Tower stretch lunge	
Sir Galahad lunge	
Sir Galahad lunge stretches	

### Stretches and calf and ankle work

Seated stretches knee to opposite breast	
Seated stretches figure 4	Or thinkers stretch
Pillow under shoulders stretch	
Quad stretch in tall kneeling	Can be done when lying on side
Doorstep Heel lowers	
Single legged squat	
Single legged heal raise	