



BTPILATES
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Information pack:

btpilates introductory course starting February 14th 2018

Background

Thank you for your enquiry re: btpilates introductory starting Wednesday February 14th, & finishing 21st March. Sessions run from 6pm to 7pm at our studio on Salford Street.

Btpilates origins and philosophy

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

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

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

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

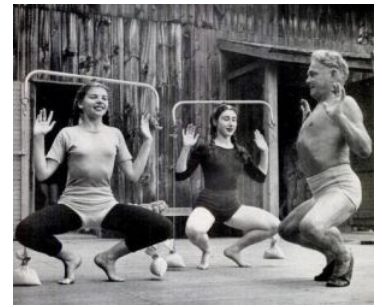
Course includes 6 one hour sessions and one strength and flexibility assessment. The cost is \$105 payable up front.

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 | |