



Specialist Pilates Certifications

Advanced training with Master teachers

PilatesITC in association with Pilates Canberra and HF Industries are delighted to offer the opportunity for you to achieve advanced Certification in specialist Pilates teaching areas. Three leading Pilates and Movement experts are coming to Australia over 14-19 August 2012, for intensive certification for industry professionals.

Certification training programs are:

Pilates for Buff Bones – Bone Health
Certification with USA Osteoporosis and bone health
Specialist Rebekah Rotstein (New York)
12 CEC's (PAA)
Read about Rebekah
www.incorporatingmovement.com/biography.html
Read about Buff Bones certification
www.incorporatingmovement.com/buffBones.html

Core Align® Certification, Levels 1, 2, 3 –
with founder and developer of the Core Align, Jonathan
Hoffman
6 CEC's per level (PAA)
Read about Jonathan
www.hoffmanconcept.com
Read about Core Align® certification
www.pilates.com/BBAPP/V/education/corealign.html

The Armchair – Certification on the original
Armchair apparatus with Pilates Master
teacher Julian Littleford (CA)
6 CEC's (PAA)
Read about Julian
www.jlbodyconditioning.com/julian.php
Read about The Armchair certification
www.incorporatingmovement.com/biography.html

pilatesITC
international training centre

Program Schedules

Rebekah Rotstein

BUFF BONES®

Thursday 16/8/12

Bookings only

Rebekah will be teaching private and duet sessions, by appointment.

Friday 17/8/12

2.30pm-6.30pm Buff Bones Certification (Part 1)

Saturday 18/8/12

8am-4pm Buff Bones Certification (Part 2)

4:15-5pm Matwork for Osteoporosis

To be held at

Pilates International Training Centre

Ground floor

14-16 Suakin St

Pymble NSW 2073

Program Cost

- \$550 Earlybird (paid prior to 1 May 2012)
- \$620 Regular (paid on or after 1 May 2012)

Register for BOTH programs (Rebekah and Julian) and the discounted cost is;

- \$890 Earlybird / \$950 Regular
Includes both registration costs

Matwork Cost

- \$45 (don't miss out, register early)

To register please complete the attached registration form and submit to PilatesITC on info@pilatesitc.com or by facsimile 02-9440 7150.

Julian Littleford

THE ARMCHAIR®

Friday 17/8/12

8am-2pm The ARMCHAIR Certification

Sunday 19/8/12

8am-2pm The ARMCHAIR Certification

2:30-3:15pm Advanced Matwork

To be held at

Pilates International Training Centre

Ground floor

14-16 Suakin St

Pymble NSW 2073

Program Cost

- \$480 Earlybird (paid prior to 1 May 2012)
- \$550 Regular (paid ON or after 1 May 2012)

Register for BOTH programs (Rebekah and Julian) and the discounted cost is;

- \$890 Earlybird / \$950 Regular.
Includes both registration costs

Matwork Cost

- \$45 (don't miss out, register early)

To register please complete the attached registration form and submit to PilatesITC on info@pilatesitc.com or by facsimile 02-9440 7150.

Jonathan Hoffman

CORE ALIGN®

Tuesday 14/8 & Wednesday 15/8 - Level 1

Thursday 16/8 & Friday 17/8 - Level 2

Saturday 18/8 & Sunday 19/8 - Level 3

To be held at Align Pilates & Physiotherapy, 34 Clovelly Rd, Randwick NSW 2031

For more information and registration please contact HF industries on admin@hf.com.au

