Pilates ITC 2014
Continuing Education Schedule
PilatesITC is proud to present exceptional professional development Pilates specialist programs and masterclasses, by leading Australian and International Pilates experts.

For 2014 PilatesITC will offer an extensive program of continuing education and accredited training opportunities. This Continuing Education schedule offers a variety of workshops and masterclasses by our Directors along with other well known expert presenters including Shauna Hall and Kerry Etkin, and recognised international presenters and programs including Rebekah Rotstein’s Pilates for Buff Bones®. Our international guests will be advertised from early 2014.

As well as our Continuing Education programs we are delighted to offer ongoing opportunities for our industry to increase their qualifications and to become involved with training and education at a mentoring and delivery level.

BRIDGING TO DIPLOMA: During 2014 PilatesITC will continue to offer its Bridging program for comprehensively certified Pilates teachers to take their current training to the government accredited Diploma of Pilates. This is open across the Pilates industry and we are happy to hear from anyone who has completed a recognised comprehensive training program.

WEFS PROGRAM: For 2014 PilatesITC will also continue to build its Work Experience Facilitation (WEFS) program. Our WEFS program provides support and mentoring, and a real time work experience environment for Pilates students to practice the application of their course work. If you currently hold an Advanced Diploma, Diploma or Certificate IV in Pilates and are interested in becoming a student mentor please contact us for more information.

Turn your PilatesITC qualification into a Bachelors Degree
Sydney PilatesITC, Pymble

Being held in our PilatesITC headquarters, the Sydney schedule is as usual our most extensive roll out. Our programs this year include a variety of Masterclasses, workout opportunities with our Pilates experts, and Workshops ranging from specific application of repertoire through to rehabilitation with clinical specialists and contemporary health and wellness programs. We look forward to seeing you at our Sydney home!

SATURDAY 15th FEBRUARY

1.00-2.15pm  Matwork Masterclass
Sally will take participants through a full Matwork session incorporating new variations and sequences aimed at challenging professional Pilates teachers, as well as offering ways to vary instruction of traditional Matwork exercises to enable achievement and progression.

Presented by: Sally Anderson | Cost: $55.00 | Code: Ce1

2.30-5.00pm  Applying the Pilates Method: On The Long Box
This workshop will explore repertoire specifically on the Long Box, on the Reformer. Incorporating original and contemporary repertoire, the focus will be on the application of the exercises for various client types ranging from physically healthy to common pathologies and specific client conditions or restrictions. The repertoire options on the Long Box are enormous and very useful. Learn to expand your Long Box usage and take back to the studio new variations that your clients will love.

Presented by: Sally Anderson | Cost: $165.00 | Code: Ce2

SATURDAY 24th MAY

1.00-4.00pm  Pilates Programming to Reduce Stress & Anxiety
Moderating Stress and Anxiety: Implementation of the Pilates Method to promote physical/psychological/neurological balance and wellbeing.

Chronic stress affects human health and longevity through a myriad of behavioural and biochemical pathways. This workshop focuses on identifying key hormonal, neurochemical and metabolic responses occurring when one is exposed to chronic stress. Many clinical studies advocate an active lifestyle and mindful exercise as a direct means of slowing the ageing process that can so often result in reduced cognition and motor skills in the elderly. Equally important is our ability to moderate stress and promote resilience in a contemporary society filled with stress, challenge and often chaos.

This Pilates presentation is suitable for students, instructors and practitioners who are interested in delaying the aging process and preventing disabling disease, such as Alzheimer’s and dementia. The Pilates Method has long been described as a mind-body integration therapy. Within our scope of practice as Pilates educators we have enormous potential to deliver workouts and create specific programs for the management of stress and mental health issues including anxiety and depression. Many of the Pilates exercises and ranges of motion, utilized throughout our workouts contribute to releasing negative emotions, including anger and irritability, thus promoting a positive outlook and mood enhancement.

Presented by: Shauna Hall | Cost: $220.00 | Code: Ce3
SATURDAY 7th JUNE
10am-4.15pm Private and Duet Session Opportunities
Take the opportunity to experience and learn from one of our leading Pilates experts in a private or shared workout session. These sessions are specifically aimed at being professional development level and therefore participants should be working and learning at a post-Diploma level of work. If you are looking for clinical or rehabilitative experience in your session you will need to book a private session. Sessions will be aimed at challenging you during the training, unless you request a specific training requirement in your private booking.
Presented by:  Lanette Gavran | Cost: $150.00 | Code: Ce4

SATURDAY 9th AUGUST
1.30-4.30pm Working With Shoulder Dysfunction
This is a Pilates-specific workshop exploring common shoulder dysfunction including frozen shoulder and impingement syndrome. Theory will be combined with practical assessment tools and exercises using small apparatus and Pilates equipment. Frozen shoulder and shoulder impingement are two very common and very disabling shoulder conditions. The initial stages of frozen shoulder can be mistakenly diagnosed as an impingement as the early symptoms can be quite similar. As the conditions progress the treatment and the exercises become quite specific. In this workshop Kerry will discuss patho-physiology of both conditions and well as assessment tools, treatment options and exercises for both conditions through the different stages. Exercises for the different stages will also be discussed with an emphasis on incorporation of treatment into the Pilates studio.
At the end of the workshop the participants will have an understanding of the patho-physiology of the two conditions, appropriate treatment protocols for both conditions and injury specific exercises that can be used to aid in the rehabilitation of these two conditions. Participants should have an existing understanding of the anatomy and biomechanics of the shoulder joints and Diploma level Pilates training or equivalent.
Presented by:  Kerry Etkin | Cost: $190.00 | Code: Ce5

FRIDAY 17TH OCTOBER
1.00-5.00pm Private and Duet Session Opportunities
Take the opportunity to experience and learn from one of our leading Pilates experts in a private or shared workout session. These sessions are specifically aimed at being professional development level and therefore participants should be working and learning at a post-Diploma level of work. If you are looking for clinical or rehabilitative experience in your session you must book a private session. Sessions will be aimed at challenging you during the training, unless you request a specific training requirement in your private booking.
Presented by:  Sally Anderson | Cost: $150.00 | Code: Ce6
In conjunction with Core Pilates

We look forward to presenting our continuing education programs under the guidance of PilatesITC Faculty member Lisa Jackson. Always beautiful to be in the sunshine state with our Queensland contingent, our schedule will be delivered from various WEFS and host sites over the year. Be sure to check the venue for each program.

FRIDAY 13TH MARCH

1.00-2.00pm  Reformer Masterclass
The Reformer group classes will provide repertoire, application, and programming selections in an experiential program. Using The PIC System™, Sally will take participants through a challenging class aimed at a professional level of expertise. You should be apparently healthy and without injury or condition to participate as this will be a group class.
Presented by: Sally Anderson | Cost: $55.00 | Code: Ce7

2.30-6.00pm  Private Sessions
Take the opportunity to experience and learn from one of our leading Pilates experts in a private workout session. These sessions are specifically aimed at being professional development level and therefore participants should be working and learning at a post-Diploma level of work. You may request a specific clinical or rehabilitative experience in your session if required.
Presented by: Sally Anderson | Cost: $150.00 | Code: Ce8

SATURDAY 14TH MARCH

1.00-2.15pm  Matwork Masterclass
Sally will take participants through a full Matwork session incorporating new variations and sequences aimed at challenging professional Pilates teachers, as well as offering ways to vary instruction of traditional Matwork exercises to enable achievement and progression.
Presented by: Sally Anderson | Cost: $55.00 | Code: Ce9

10am-12.30pm & 3-5pm  Private or Duet Session Opportunities
Take the opportunity to experience and learn from one of our leading Pilates experts in a private or shared workout session. These sessions are specifically aimed at being professional development level and therefore participants should be working and learning at a post-Diploma level of work. If you are looking for clinical or rehabilitative experience in your session you must book a private session. Sessions will be aimed at challenging you during the training, unless you request a specific training requirement in your private booking.
Presented by: Sally Anderson | Cost: $150.00 | Code: Ce10
FRIDAY 29TH AUGUST
12.30-5.30pm Private Sessions
Take the opportunity to experience and learn from one of our leading Pilates experts in a private workout session. These sessions are specifically aimed at being professional development level and therefore participants should be working and learning at a post-Diploma level of work. You may request a specific clinical or rehabilitative experience in your session if required.
Presented by: Lanette Gavran | Cost: $150.00 | Code: Ce11

SATURDAY 30TH AUGUST
1.00-2.15pm Matwork Masterclass
Lanette studied extensively under Sally Anderson, and also studied with and experienced Matwork classes with Blossom Lailani Crawford (Kathy Grant’s successor), Julian Littleford and Rael Isacowitz. In her Matwork Masterclass Lanette shares her passion and belief in Matwork classes to build endurance and strength of mind and body that is quite different to the studio experience. She will use variations and inspirations from her own experiences, structured by the The PIC System™ Matwork, and with a unique flavour all her own.
Presented by: Lanette Gavran | Cost: $55.00 | Code: Ce12

10am-12.30pm & 3-5pm
Private or Duet Session Opportunities
Take the opportunity to experience and learn from one of our leading Pilates experts in a private or shared workout session. These sessions are specifically aimed at being professional development level and therefore participants should be working and learning at a post-Diploma level of work. If you are looking for clinical or rehabilitative experience in your session you must book a private session. Sessions will be aimed at challenging you during the training, unless you request a specific training requirement in your private booking.
Presented by: Lanette Gavran | Cost: $150.00 | Code: Ce13
We’re coming to Tas for a big three days!

Thanks to our lovely WEFS hosts ‘Pilates Tasmania’ and ‘3 Degrees Pilates’, we will be in Tasmania in full force for three days of Pilates programs and sharing your beautiful markets, produce and lifestyle. It’s always delightful to visit the apple isle to see our southern friends … and go home with some fabulous triple T’s – tasty Tassie treats!

FRIDAY 27TH JUNE

2-3.00pm/3-4.00pm
Reformer Masterclass

The Reformer group classes will provide repertoire, application, and programming selections in an experiential program. Using The PIC System™, Sally will take participants through a challenging class aimed at a professional level of expertise. You should be apparently healthy and without injury or condition to participate as this will be a group class.

Presented by: Sally Anderson | Cost: $55.00 | Code: Ce14

3.00-6.00pm  Private Sessions

Take the opportunity to experience and learn from two of our leading Pilates experts in a private workout session. These sessions are specifically aimed at being professional development level and therefore participants should be working and learning at a post-Diploma level of work. You may request a specific clinical or rehabilitative experience in your session if required.

Presented by: Sally Anderson & Lanette Gavran | Cost: $150.00 | Code: Ce15

SATURDAY 28TH JUNE

10am-12.00pm  Private Session Opportunities

Take the opportunity to experience and learn from two of our leading Pilates experts in a private workout session. These sessions are specifically aimed at being professional development level and therefore participants should be working and learning at a post-Diploma level of work. You may request a specific clinical or rehabilitative experience in your session if required.

Presented by: Lanette Gavran | Cost: $150.00 | Code: Ce16

1.00-2.15pm  Matwork Masterclass

Lanette studied extensively under Sally Anderson, and also studied with and experienced Matwork classes with Blossom Lailani Crawford (Kathy Grant’s successor), Julian Littleford and Rael Isacowitz. In her Matwork Masterclass Lanette shares her passion and belief in Matwork classes to build endurance and strength of mind and body that is quite different to the studio experience. She will use variations and inspirations from her own experiences, structured by the The PIC System™ Matwork, and with a unique flavour all her own.

Presented by: Lanette Gavran | Cost: $55.00 | Code: Ce17
2.30-5.00pm  Applying the Pilates Method: On The Long Box
This workshop will explore repertoire specifically on the Long Box, on the Reformer. Incorporating original and contemporary repertoire, the focus will be on the application of the exercises for various client types ranging from physically healthy to common pathologies and specific client conditions or restrictions. The repertoire options on the Long Box are enormous and very useful. Learn to expand your Long Box usage and take back to the studio new variations that your clients will love.
Presented by: Sally Anderson | Cost: $165.00 | Code: Ce18

SUNDAY 29TH JUNE
10am-2.30pm Pilates For Pregnancy
This workshop will be a combination of theory and providing up-to-date research information and guidelines for instructing pregnant women in both Pilates Matwork and Studio situations. We will incorporate the most recent guidelines for pre natal exercise, effective repertoire selections, and a thorough programming structure for workouts for all stages of pregnancy. There will be a 30 minute break during the workshop.
Presented by: Lanette Gavran | Cost: $165.00 | Code: Ce19
**Canberra**

**In the capital with Pilates Canberra**

Happily we head to the home base of one of our fearless leaders and her gorgeous New Acton studio. Note that we’ve aimed for spring or summer dates … not that it gets cold or anything in Canberra winters!!

Hopefully we will see as many of you as possible while we are there and maybe share a cheeky Chardy at the new Parlour Bar too. Not to mention a green smoothie from Maple & Clove café. Yumm…!

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**FRIDAY 7TH FEBRUARY**

**11am-4.00pm Private or Duet Session Opportunities**

Take the opportunity to experience and learn from one of our leading Pilates experts in a private or shared workout session. These sessions are specifically aimed at being professional development level and therefore participants should be working and learning at a post-Diploma level of work. If you are looking for clinical or rehabilitative experience in your session you must book a private session.

Sessions will be aimed at challenging you during the training, unless you request a specific training requirement in your private booking.

Presented by: Sally Anderson  |  Cost: $150.00  |  Code: Ce20

**4.15-5.30pm Matwork Masterclass**

Sally will take participants through a full Matwork session incorporating new variations and sequences aimed at challenging professional Pilates teachers, as well as offering ways to vary instruction of traditional Matwork exercises to enable achievement and progression.

Presented by: Sally Anderson  |  Cost: $55.00  |  Code: Ce21

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**SATURDAY 6TH SEPTEMBER**

**1.00-5.30pm Private or Duet Session Opportunities**

Take the opportunity to experience and learn from one of our leading Pilates experts in a private or shared workout session. These sessions are specifically aimed at being professional development level and therefore participants should be working and learning at a post-Diploma level of work. If you are looking for clinical or rehabilitative experience in your session you must book a private session.

Sessions will be aimed at challenging you during the training, unless you request a specific training requirement in your private booking.

Presented by: Lanette Gavran  |  Cost: $150.00  |  Code: Ce22
Melbourne

National Pilates Training
We are constantly delighted to work in partnership with National Pilates Training (NPT) and Aligned For Life Studios, under the directorship of Pilates expert Katrina Edwards. Both Sally and Lanette will present continuing education programs for NPT over 2014. All details and registrations for Melbourne programs are handled though NPT and held at Aligned For Life Studio in Melbourne's CBD. For all information visit www.alignedforlife.com.au

Perth

PFI Training
We are also delighted to have undertaken a license arrangement with PFI Training under the directorship of Frances Cahill and Suzanne Newby. Both Sally and Lanette will present continuing education programs for PFI over 2014. All details and registrations for Perth programs are handled though PFI and held at PFIWA Studio in the Myaree centre. For all information visit www.pfiwa.com.au

Training Venues

Sydney
Pilates International Pymble
14-16 Suakin Street
Pymble NSW

Brisbane
Core Pilates Brisbane
Spring Hill Baths
14 Torrington Street
Spring Hill QLD

Hobart
3 Degrees Pilates Studio
15 Princes Street
Sand Bay Hobart TAS

Canberra
Pilates Canberra New Acton
3/21 Marcus Clarke Street
New Acton ACT

Continuing Education Terms of Registration
Registrations must be submitted no later than two (2) weeks prior to the program. Pilates International Training Centre (PilatesITC) reserves the right to vary workshop requirements or schedules at any time as deemed necessary, including cancellation or delay due to insufficient registrations.

CEC’s and PDP’s
PilatesITC is a recognised provider of continuing education and accredited training courses with the Pilates Alliance Australasia. One (1) PDP is available per hour of continuing education in the above programs.

Discount for PAA Members
PilatesITC is a registered Education Body with the Pilates Alliance Australasia (PAA) and support the PAA by offering benefits to members. All Full Members of the PAA are entitled to receive a 5% discount on registrations with PilatesITC when booking in accordance with the terms of registration.
Sally Anderson  
Adv Dip Pilates, PMA®-CPT, Adv Dip Management, Cert IV TAE, Cert Nutrition

Sally is the director of Pilates International Pty Ltd, incorporating Pilates International Training Centre (PilatesITC) and Pilates International Studios. Sally holds formal qualifications including Advanced Diploma of the Pilates Method, Advanced Diploma of Management, Certification in Nutrition and Certificate IV Training & Assessment. She is Gold Certified by the Pilates Method Alliance (USA), and is in the process of completing an Advanced Diploma in Nutritional Medicine. Sally has over 24 years experience in the Pilates Method.

Sally has delivered Pilates training and professional development programs all over the world, first for BASI Pilates, then for PilatesITC. Sally led the accreditation of Pilates qualifications in Australia with the development and registration of the first ever government recognised courses from 2004, which from 2013 are the first and only Pilates courses to articulate into a Bachelors degree.

Sally was the founding president of the Pilates Alliance Australasia for ten years before stepping down in 2010, and co-founder of the annual industry Mind Your Body. Sally has been a regular contributor to the Sunday Telegraph 'body + soul’ liftout, and for a number of established health and wellness blogs in Australia and the USA. Sally has worked with Australian Olympic swim team members, celebrities, performers and athletes of all persuasions, and in 2011 toured as the Pilates trainer for Crique Du Soleil’s Saltimbanco production. For more information please visit www.sallyanderson.co

Lanette Gavran  
Adv Dip Pilates, Cert IV TAA

Lanette Gavran is a director of Pilates International Training Centre (PilatesITC), and Pilates Canberra Studios. Lanette has over 16 years of experience in the Pilates Method. Her background in Pilates instruction includes a diverse range of Pilates training, culminating in the Advanced Diploma of the Pilates Method. She also holds the TAA40104 Certificate IV in Training and Assessment and is in the process of completing a Bachelor of Exercise Science at the University of Canberra.

Throughout her career Lanette has held positions on national boards in the areas of Health, Fitness and Pilates, including President of the Pilates Alliance Australasia (PAA) from where she only recently stepped down in 2013. From 2002 until taking up a Directors offer with PilatesITC, Lanette was CEO of Pilates Canberra registered training organisation (RTO).

Lanette’s keen interest has always been in the foundation and continuing education of professionals working in the areas of Allied Health through movement, believing this to be key in the continued expansion and government recognition of the Pilates industry.
Shauna Hall
MA Women's Health/Public Health; MA Nurse Practitioner; Senior Registered Nursing Sister (A&E specialty); Post-grad Pharmacology; BA Arts-Dance and Movement Therapy; Advanced Dip Pilates; BASI Cert; PMA-CPT®; Cert Training & Assessment

Shauna is one of the most qualified and experienced Pilates practitioners in the world. She is committed to the promotion and management of health and has undertaken extensive research in her primary focus areas of spinal health, mental health and women's health. Shauna created and presents an exclusive series of women's health Pilates programs under the “Vital and Active” series, aimed at addressing the physical and health challenges that face women over 35 today. The four Women's Vital Health programs include Replenish, Hormonal Harmony, Pelvic Power and Osteoblast.

Shauna has also developed Pilates movement programs for Spinal Fitness – a two part series that addresses the stages required to achieve spinal health in any circumstance, as well as various programs for Mental Health addressing stress, anxiety and depression. She has also presented extensively her program “The Ladykillers”, an exploration into the three most prominent causes of death in Women worldwide – breast cancer, heart disease and osteoporosis. Shauna is a sought after presenter of Pilates health programs and as a consultant. She is a Principal member of the PilatesITC Faculty for training in the Pilates Method and currently teaches from her home studio in Williamstown Melbourne. She is also a part-time corporate health advisor for CEO's in Melbourne's CBD.

Over her 25 plus years in the Pilates industry Shauna has owned and run four Pilates studios from Sydney to Byron Bay and onto the Gold Coast, before relocating to Melbourne and taking up her Masters studies and ongoing research projects.

Kerry Etkin
BA Science (Physio), Post-grad Dip (Upper Limb & Hand), BASI Cert, Adv Diploma Pilates

Kerry qualified as a physiotherapist in Johannesburg in 1994, thereafter working in a private hospital where she ran the hand therapy unit until 1997. She decided to further her education and immigrated to Perth where she completed a post-graduate diploma in upper limb injuries and hand rehabilitation from Curtin University. From there the bright lights of Sydney beckoned and she moved across to eastern Australia. It was here that she developed a deep interest in Pilates. Having completed her full certification from Body Arts and Science International training program, Kerry began her own practice combining both her physiotherapy and Pilates knowledge, which enables her to offer a comprehensive rehabilitation option. Kerry has held a board position and Treasurers role with the industry peak body the Pilates Alliance Australasia and is a Faculty member and lecturer for PilatesITC.

Kerry’s extensive experience and commitment to using the comprehensive Pilates Method in her clinic makes her an invaluable resource in continuing education, as she is able to offer Pilates specific education based in clinical understanding, from both a highly qualified and extensively experienced practitioners perspective.
Registration

Your Details

Name
Postal Address
Suburb          State   Postcode
Phone (Home)        (Mobile)
Email

CURRENT LEVEL TRAINING AND EXPERIENCE: This program is a continuing education program for Pilates professionals and affiliated movement health practitioners. Please specify your current working level, qualifications and association memberships.

Program Registration

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Payment details

I wish to pay my $________________________ registration fee by Cheque / Bank Transfer / Credit Card

Mastercard / Visa (please select) Name on Card:

Card Number ________________________________ Expiry __ __ / __ __

CCV #__ __ __ Card Holders Signature: ___________________________ Date: __ __ __ __

☐ Cheque/Money Order: Please make payable to Pilates International

☐ Bank Transfer: Identify transfer with your FIRST INITIAL and LAST NAME to PilatesITC Pty Ltd,
BSB: 633-000  ACCT NO: 147222970

Terms and Conditions

Registration is confirmed upon submission of a fully completed Registration form along with complete payment for the program/s. PilatesITC reserves the right to cancel or postpone any program due to insufficient registrations, or due to unforeseen illness/injury of the presenter. In the event of cancellation or postponement all fees will be refunded in full. Cancellation of your registration can only be undertaken in writing to PilatesITC management no later than two weeks prior to the workshop date, and after such time no refunds will be granted. PilatesITC may engage an alternative presenter for any workshop if circumstances require. PilatesITC is not responsible for travel or accommodation costs of participants.

I agree to the terms and conditions of registration: ___________________________ Date: __ __ __ __

Please send all completed registrations to:
PilatesITC
14-16 Suakin St
Pymble NSW 2073