

Do support the work of the Guild!

Our aim is to:-

(1) make sure that specialist exercise classes are available to all new others, and (2) provide ongoing support and training to specialist exercise teachers

Katy Warren,
Study Day coordinator
14 Mount Avenue
STONE,
Staffordshire
ST15 8HU



• About the workshop

Posture, alignment, muscle imbalance and spotting postural problems in clients are all topics covered in this study day aimed at honing your existing skills and learning new ones. In her no nonsense, innovative approach Rachel will take you through some of the most common and challenging problems we face in the pregnant and postnatal time span. Exercises to help alleviate these postural conditions.

Although this study day is given by Rachel Rafiefar, who is responsible for the Pregnancy and Postnatal Postgraduate Program for the Pilates Foundation, non pilates specialists are invited to attend. So if you are a Personal Trainer, Exercise to Music teacher or simply an ANPN Pilates specialist, you will benefit from this study day as well.

Workshop timing: 11.30 pm to 4.30 pm

The Venue:

Derby Friends Meeting House, Derby
(location map will be given on booking),

**You will receive a
Guild Certificate of Attendance
for your CPD portfolio**

A chance to exchange ideas with other teachers and personal trainers, at the same time as updating your knowledge base.

DATES FOR YOUR DIARY FUTURE STUDY DAYS

Sunday 24th June

Tutors Judy DiFiore & Moira Clark
Venue—in London area

Pelvic Power - the role of the pelvis
in the child-bearing period.

A practical day with an emphasis on
teaching skills.

An opportunity to learn about the
importance of the pelvis for
stabilisation of the spine and load
transfer in movement.

Learn about the changes that occur
in the child-bearing period that
affect the pelvis and how selected
exercises can help the pelvis cope
with the physical demands of
pregnancy and post birth.

Discover how to help the woman who
is struggling with low back or Pelvic
Girdle pain.

An opportunity to discuss the
effectiveness of popular exercises
such as side leg raises, lunges, squats
and press ups.

www.postnatalexercise.co.uk