



PILATESPROP



SPECIALIST INSTRUCTOR TRAINING

Specialist Instructor Training by Inspire-Moves Academy

Accreditation: Yoga Alliance, USA and Registered Training Providers
of the International Practitioners of Holistic Medicine , UK

Introduction

Educational Category:

Specialist Instructor Training- Children and Pregnancy

Course Description

Topic of lectures and practices:

1. Review Anatomy of Movement
2. Womanhood Inspiration
3. Contrology Inspiration
4. Inspire-Moves Approach: Intention, Inhalation, Inspiration
5. Pilatesprop equipments and assembling instructions (optional for Pilatesprop clients)
6. Safe exercises on the Pilatesprop equipment
7. Sequences for pregnancy by trimester
8. Children fitness
9. Breathing and mindfulness
10. Body reading and adjusting techniques
11. Tender Touch hands on principles and anatomy of trigger points.

Additional Course Information:

Exercise for Pregnancy

Current research has proven that it is not only safe for pregnant women to exercise, it is absolutely beneficial. Even if you are considered a high-risk pregnancy or are restricted to bed rest, you can and should exercise during this crucial time. Among the benefits of exercise and proper nutrition during pregnancy include s:

Shorter, less painful labor

Fewer birth defects

Less excess weight gain

Ease of regaining pre-pregnancy figure

Healthier, calmer, and more intelligent babies

This course specially designed to promote exercises that are safe and recommended for

pregnancy, postnatal, and children. This course is for instructors who will offer special

care for prenatal clients, postpartum, as well as children.

Duration and requirements for each module of Equipment Training:

Contact hours: 27 Hours

Practicum: 10 Hours

Presentation: 2 Hours

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