



Alex Bohlander Workshops Iso Fit, Hong Kong – 25th, 26th Aug 2015

The Pilates Teachers' Manual (4hrs)

Date: 25th Aug 2015

Time: 4pm-8pm

Location: Iso Fit

Polestar CECs: 4

Suited for: Movement Professionals

Pre-Req: One year teaching experience

In this course we will discuss the principles, case studies, research papers that are described in the first Polestar teachers' book that was published in English in 2014 by Alexander Bohlander. This will provide you with extremely useful tools to deepen both your understanding and your ability to apply Pilates to everyone with or without pathologies. Learn how to explain axial elongation, equal distribution of movement, phases of rehabilitation and apply the knowledge practically into your work place.

Pilates Touch (4 hrs)

Date: 26th Aug 2015

Time: 4pm-8pm

Location: Iso Fit

Polestar CECs: 4

Suited for: Movement Professionals

Pre-Req: One year teaching experience

In this workshop we will have a close look and feel on how, where and when we touch in Pilates and what impact we have on body structures and all layers of the individual. Corrective, positioning and guiding touch are the Polestar categories. We will add more tools, like restoring, assessing and balancing touch as it appears in the environment of Pilates in individual but also group class settings. Watch Polestar Youtube channel "Pilates touch"

