

FLOWIN® PILATES

Master Trainer Course

Date and place: **25. - 26.9. 2010**
Prague, Czech Republic

Registration fee: **250 € excl. VAT (20%),** incl. VAT 300 €
(Registration fee is including training manual, certified diploma and refreshments)

Educator: **Pavla Rožumberská dipl.um.,**
author of FLOWIN® PILATES concept

Participants: **max. 15**

Place of training:

Balance Club Brumlovka
Vyskočilova 2/1100
140 00 Prague 4
<http://www.balanceclub.cz/en/home>

Recommended accommodation:

Panorama Hotel Prague
Milevská 1695/7
140 63 Prague 4
<http://www.panoramahotelprague.com/>

Transportation:

The airport is around 35 min drive to the hotel. Approx. price of transport from airport to the center is 700,- CZK (app. 28 €).
From hotel to our facility it takes around 5 min by taxi.
Saturday's transport from facility to hotel and for dinner is arranged.

Course goal:

This course is mainly design for Pilates Instructors (diploma from any Pilates school, practicing Pilates lessons). Participant who successfully complete the course will receive Master Trainer diploma. With your registration please send a short professional CV.

Registration and information:

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COURSE SCHEDULE

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DAY 1

Balance Club Brumlovka - training facility

11:00 – 11:30	Welcome and introduction
11:30 – 13:00	Theory
13:00 – 13:30	Lunch (arranged)
13:30 – 16:00	Practices <ol style="list-style-type: none">1. Warm Up2. Kneeling exercises3. Sitting exercises4. Lying exercises
16:00 – 17:00	Group work and presentation
17:00 – 18:00	Master lesson + Repetition
20:00	Collective dinner in Prague center (arranged)

DAY 2

Balance Club Brumlovka - training facility

10:00 – 11:00	Theory repetition + Test
11:00 – 13:00	Practices <ol style="list-style-type: none">5. By the side exercises6. Prone exercises7. Finale stretching
13:00 – 13:30	Lunch (arranged)
13:30 – 14:30	Group work and presentation
14:30 – 16:00	Master lesson + Repetition + Summary