

POLESTAR PILATES EDUCATION MAT COURSE - LEVEL 3

Auckland 2012



POLESTAR PILATES™
NEW ZEALAND

Name	_____
Address	_____ _____ _____
Phone (H)	_____
(W)	_____
(M)	_____
Email	_____

Please return signed form to:
Polestar Pilates NZ Ltd
P.O. Box 47503
Ponsonby, AUCKLAND
Tel (09) 303 2211 **Fax** (09) 376 6270
Email info@polestarpilates.co.nz
Web www.polestarpilates.co.nz

I want to register for the two-day M3 course at the Pilates Body Studio in Auckland

Saturday 8th & Sunday 9th September 2012
\$700 or pay only \$665 if paid in full by 1st August 2012

The M3 course incorporates a unique blend of Pilates Mat exercises with small props (foam rollers, magic circles, fit balls, rotation discs and balance boards) to enhance and challenge your Pilates mat repertoire.

Enhance the quality of your Mat programming by incorporating exercise transitions and choreography. We will continue to focus on modifying exercises for populations with special needs and develop sports-specific Mat programming skills. You must have completed PF, M1 and M2 before you can do M3..

Signature of applicant: _____ **Date:** _____

Payment options:

Payment can be made via credit card, cheque made out to Polestar Pilates NZ, or direct debit into account 03 0104 0440078 00 for the credit of Polestar Pilates NZ.

Please charge my: VISA MASTERCARD Card no. _____
Amount to be charged: \$ _____ Expiry date ___ / ___

Signature of cardholder: _____

Please note:

- All fees are in NZ dollars and include GST - prices are subject to change without notice. If you are REPS registered (proof required) you receive an additional 15% discount on the M3 course.
- Registration is required at least 30 days in advance.
- The fee includes course manuals, morning and afternoon refreshments, and certificates of completion after the two-day course. The fee does not include lunch. Exam fees are separate.
- Receipts will be provided after full payment is received. The total fee amount must be paid before the course starts.
- We reserve the right to postpone or cancel any course due to low registration. If Polestar cancels or postpones a course, you will have the option of transferring to another course, receiving a course credit good for 1 year, or a full refund.
- There will be no refund for cancellations less than 30 days before course start-date, and no refunds after any transfers.
- Polestar Education is not responsible for any hotel/airline reservations or transportation to and from a course.
- Cancellation: Full refund less \$250 non-refundable deposit if you cancel 30 days or more before the first course date. NO REFUND for cancellations less than 30 days before course start date.
- Transfer: Transfers must be complete no later than 30 days prior to start date of course you are registered for. A \$35 transfer fee per course will be charged. A maximum of two transfers per calendar year per student are allowed. REFUNDS following any transfers are NOT possible.

WHY POLESTAR PILATES ?



POLESTAR PILATES™
NEW ZEALAND

REPS CERTIFIED

Polestar Pilates NZ is registered with REPS, the NZ Register of Exercise Professionals for the Studio, Mat and Allegro Series. By completing any of these series you receive 50 REPS Continuing Education Credits (CECs), **as well as an additional 15% discount!**

SCIENTIFIC VERSUS ANECDOTAL

The Polestar Pilates curriculum, designed by Physiotherapist and Orthopaedic Certified Specialist Brent Anderson, is based on a scientific foundation, as opposed to an anecdotal one. Drawing on his extensive background in rehabilitation and movement science, Brent Anderson has expanded on Pilates' principles by adding manual skills, advanced body awareness, and principles from motor control theory. The Polestar Pilates method draws on the sciences of anatomy, physiology, biomechanics and motor control, and integrates scientific research findings in the areas of orthopaedics, sports medicine and movement science.

INTERACTIVE VERSUS AUTHORITATIVE

Polestar's teaching method is interactive, as opposed to authoritative. The educational approach incorporates discussion facilitation, labs (doing, observing, teaching), problem solving (utilizing case studies and deductive reasoning), teaching practicals (group dynamics and individuals), analysis skills, and the principles of neuro-linguistic programming (modeling, sequencing and structuring information, and maintaining appropriate learning states). The Polestar Pilates method recognizes the whole person - physically, psychologically, emotionally and spiritually.

DEDUCTIVE VERSUS PRESCRIPTIVE

Polestar Pilates Rehabilitation Series instructs students in the use of a Nagi-evolved classification system of disability. The Nagi model includes four classifications that aid in determining the severity of disability, and identifies the best path of care. The classifications include pathology, impairment, functional limitation, and disability. The use of this model improves the holistic implementation of Pilates to meet the individual needs of patients in an evidence based structure.

COMPETENCY VERSUS TIME & MONEY

Certification by Polestar Pilates is competency-based, as opposed to time and money based. Polestar accepts that some students achieve competency faster than others, and does not require that students practice with Polestar practitioners exclusively. The certification examination comprises multiple choice questions, case studies and practical demonstrations.

FLEXIBLE VERSUS FIXED

Polestar's curriculum is flexible, as opposed to fixed. Each series (Mat, Studio, Allegro and Rehabilitation) comprises four modules that can be undertaken as the student's timetable and location permits.

PRINCIPLES VERSUS REPERTOIRE

The Polestar curriculum is based on Pilates principles - not exercise repertoire alone. This enables Polestar practitioners to create exercise programs to address the needs of special populations (golfers, tennis players, dancers, etc.).

INTEGRATED VERSUS ISOLATED

Polestar's Studio and Rehabilitation curriculum is taught within the total Pilates environment (incorporating the Reformer, Trapeze Table, Combo Chair, Ladder Barrel, Mat and small apparatus), as opposed to offering courses teaching students to use each piece of equipment in isolation. Students therefore develop an integrated and flexible approach to exercise prescription within the total environment.

INTERNATIONAL VERSUS LOCAL

Polestar's curriculum is currently available in numerous countries in Europe, North and South America and Asia-Pacific. As the Program is modular, the training program may be started in one location and completed in another if necessary. Polestar's international presence also gives students access to a worldwide community of Pilates colleagues, and means that Polestar Certification is known around the globe.



ANNUAL INTERNATIONAL CONFERENCE

Polestar holds an Annual International Conference in Miami, Florida. Pilates practitioners from around the world convene to participate in courses, workshops, master classes and a wide variety of movement classes taught by Polestar Pilates Educators and guest presenters. Topics have included Advanced Mat Work, Allegro, Classic Mat, Feldenkrais, Gyrotonics, Nia, Tai Chi, Yoga and Yogilates.

SATISFACTION GUARANTEED POLICY

If you are not satisfied by the end of the first course day, we will refund your fee, no questions asked. All course materials will remain property of Polestar Education LLC (manuals, log books etc.) Participant must attend the first 8 hour day in its entirety to qualify for the Satisfaction Guaranteed Policy, and notify course instructor plus return all course materials that day.

Check out

www.polestarpilates.co.nz

...IMPACTING THE WORLD THROUGH INTELLIGENT MOVEMENT
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