



NEUROPILATESTM TEACHER TRAINING COURSE BROCHURE

ACCREDITED BY ITTAP (INTERNATIONAL TEACHER TRAINING FOR THE ASSOCIATION OF
PILATES BY PILATES METHOD ALLIANCE) AND ALSO
REPS (THE REGISTER OF EXERCISE PROFESSIONALS).



Hi there

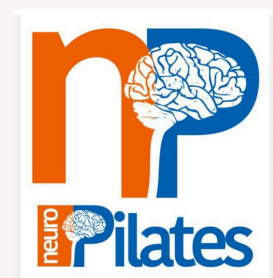
Welcome to .body//HACK: Fitness Education. We extend our heartfelt gratitude for your interest in our Comprehensive Reformer Teacher Training program. Your dedication and enthusiasm for pursuing a career in Pilates are truly commendable, and we believe that our comprehensive program will provide you with the knowledge and skills needed to excel in this dynamic field.

The fitness industry has an incredible power to transform lives, and being a part of it is truly exhilarating. As a Trainer, the opportunity to witness and contribute to life-changing transformations is both inspiring and exciting, fostering a sense of fulfillment and a shared passion for helping others unlock their full potential.

Much love,

Heba Abdel Gawad

Co-Founder



WHAT *is* NEUROPILATES?



NeuroPilates is an education programme for Pilates teachers that focuses on learners understanding the neuroscience and neuroanatomy of Pilates and brain health. The courses integrate neurological exercises and principles with the traditional Pilates repertoire with the aim of improving overall brain health.

The aims and teachings of the training are to bring about a more current applied neuroanatomy training to the Pilates industry that is in line with the remarkable advances in brain research. You will be able to help people from all walks of life by understanding their brain and its circuitry better.





WHO IS THIS FOR?

PILATES INSTRUCTORS WHO WANT A DEEPER AND MORE CURRENT UNDERSTANDING OF THE BRAIN AND NERVOUS SYSTEM

THE FIRST UNIT IS OPEN TO ANYONE WITH AN **INTEREST IN BRAIN HEALTH** (DOESN'T HAVE TO BE A PILATES INSTRUCTOR)

THOSE WHO WANT TO **HELP PEOPLE WHO HAVE NEUROLOGICAL CONDITIONS**

THOSE WHO WANT TO UNDERSTAND **THE NEUROLOGY OF MOVEMENT, POSTURE AND OVERALL HEALTH.**

THOSE WHO **LOVE ANATOMY.**

THOSE WHO PLAN TO CONTINUE STUDYING AND LEARNING ABOUT THE BRAIN BEYOND THESE 3 UNITS.



Qualification Structure

PRE-REQUISITE:

ANATOMY & PHYSIOLOGY AND PILATES MATWORK DIPLOMA

THIS 3 LEVEL QUALIFICATION IS FOR THOSE WHO ARE ALREADY PILATES INSTRUCTORS OR MOVEMENT PROFESSIONALS WHO WANT TO DEEPEN THEIR UNDERSTANDING OF APPLIED NEUROANATOMY AND BRAIN HEALTH IN ORDER TO CONFIDENTLY HELP ANY CLIENT THAT WALKS THROUGH THE DOOR REGARDLESS OF THEIR AILMENT.

THIS DIPLOMA WILL TEACH YOU ALL ABOUT THE BRAIN, THE NEUROLOGY OF BASE LEVEL MOVEMENT AND HOW TO STRUCTURE AND THEME YOUR CLASSES IN HONOUR OF SPECIFIC AREAS OF THE BRAIN. YOU WILL ALSO LEARN SOME IN-DEPTH NEUROLOGICAL ASSESSMENTS THAT GO BEYOND BIOMECHANICS TO ASSESS YOUR CLIENTS OVERALL HEALTH AND WELLBEING AND MOST IMPORTANTLY..... YOU WILL LEARN WHAT TO DO ABOUT IT!

3 LEVELS

BELOW IS A DESCRIPTION OF THE DIFFERENT LEVELS:

- 1. NEUROPILATES LEVEL 1 (NEUROANATOMY FOUNDATIONS FOR MOVEMENT)**
- 2. NEUROPILATES LEVEL 2 (TEACHING NEUROPILATES CLASSES)**
- 3. NEUROPILATES LEVEL 3 (NEURAL ASSESSMENTS AND PROGRAMMING)**

Contact us for a consultation regarding this !



Qualification Structure

1

NEUROPILATES LEVEL 1

(NEUROANATOMY FOUNDATIONS FOR MOVEMENT):

THIS COURSE IS UNIT 1 OF OUR NEUROPILATES DIPLOMA BUT CAN ALSO BE DONE AS A STAND ALONE COURSE WITH CPD POINTS FOR CERTIFICATION. THIS COURSE RUNS 3 TIMES A YEAR AND IS DELIVERED 'LIVE ON ZOOM'.

WHAT WE WILL COVER:

- KEY NEUROSCIENCE PRINCIPLES THAT APPLY TO US AS MOVEMENT PROFESSIONALS
- THE NEUROLOGY OF MOVEMENT, COORDINATION, MOTOR CONTROL AND STABILITY
- PRACTICAL WAYS TO ENHANCE PROPRIOCEPTION AND INTEROCEPTION IN YOUR SESSIONS
- THE ANATOMY OF THE VISUAL AND VESTIBULAR SYSTEMS IN GOVERNING MOVEMENT AND POSTURE
- UNDERSTANDING THE DIFFERENT BRAIN LOBES AND HOW TO INCORPORATE DIFFERENT NEUROLOGICAL EXERCISES IN TO THE TRADITIONAL PILATES REPERTOIRE
- NEUROLOGICAL PATHWAYS AND THE IMPORTANCE OF TRAINING THE RIGHT AND LEFT SIDES OF THE BODY IN DIFFERENT WAYS
- THE NEUROLOGY OF POSTURE AND POSTURAL ASSESSMENT

DURATION: 5 DAYS (3 HOURS EACH DAY)

FEES: AED 2500 (USD 700)

EXAM: REVIEW WORKSHEET

Qualification Structure

2

NEUROPILATES LEVEL 2

TEACHING NEUROPILATES CLASSES

THIS NEXT LEVEL IN THE NEUROPILATES DIPLOMA TEACHES YOU HOW TO INTEGRATE THE NEUROLOGICAL EXERCISES WITH THE TRADITIONAL PILATES REPERTOIRE IN A WAY THAT RESPECTS AND HONOURS THE CLASSICAL WORK WITH A NEUROANATOMICAL UNDERSTANDING OF THE BODY.

IN THIS 5 DAY LIVE COURSE WE WILL GO THROUGH EACH BRAIN LOBE IN ANATOMICAL DETAIL, HOW TO ASSESS ITS FUNCTION, AS WELL AS HOW TO DIRECTLY STIMULATE THAT PART OF THE BRAIN WITH THE NEUROLOGICAL EXERCISES.

YOU WILL LEARN HOW TO STRUCTURE AND THEME NEUROPILATES CLASSES SO THAT YOU'RE ABLE TO OFFER A CLASS THAT IS STIMULATING AND ENERGISING IN BOTH MIND AND BODY WHICH ALLOWS THE PARTICIPANT TO GET TO KNOW AND UNDERSTAND THEIR OWN BRAIN OVER TIME.

THIS IS A VERY PRACTICAL, APPLIED NEUROSCIENCE COURSE. DURING THE LIVE DAYS PLEASE MAKE SURE YOU HAVE A MAT, A SMALL BALL SUCH AS A TENNIS BALL AND YOU'RE DRESSED TO MOVE. YOU WILL ALSO GET FREE ACCESS TO NEUROPILATES CLASSES THAT YOU WILL USE FOR PRACTICE AFTER THE LIVE DAYS.

- **DURATION: 5 DAYS (3 HOURS EACH DAY)**
FEES: AED 2500 (USD 700)
EXAM: NEUROPILATES CLASS

Qualification Structure

3 NEUROPILATES LEVEL 3

NEURAL ASSESSMENTS AND PROGRAMMING

IN THIS COURSE WE WILL BE FOCUSING ON PRIVATE SESSIONS AS OPPOSED TO GROUP CLASSES. YOU WILL LEARN HOW TO TAKE A DETAILED HISTORY OF YOUR CLIENT, CONDUCT A SERIES OF IN-DEPTH NEUROLOGICAL ASSESSMENTS INCLUDING DYNAMIC POSTURE, GAIT ANALYSIS, BRAIN TESTS, MOVEMENT SCREEN AS WELL AS BALANCE, VISION AND BREATHING TESTS.

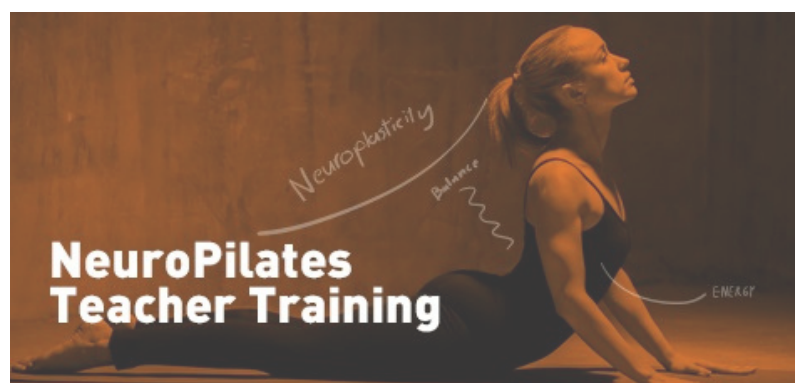
YOU WILL ALSO LEARN ASSOCIATED EXERCISES AND SUGGESTIONS TO BE ABLE TO INSTANTLY MAKE DECISIONS BASED ON YOUR CLIENTS' NEUROLOGICAL RESPONSE.

DURATION: 5 DAYS (3 HOURS EACH DAY)

FEES: AED 2500 (USD 700)

EXAM: CASE STUDY

COMBO PRICE : IF SIGNING UP TO ALL 3 LEVELS AS A SINGLE PAYMENT PRICE IS AED 6750/ USD 1840



READY TO BEGIN YOUR JOURNEY?

AS THE NEXT STEP, WE SUGGEST YOU SCHEDULE A CALL AT YOUR CONVENIENCE TO DISCUSS YOUR ASPIRATIONS, QUALIFICATIONS, AND POTENTIAL OPPORTUNITIES IN MORE DETAIL. THIS CONVERSATION WILL ALLOW US TO UNDERSTAND YOUR GOALS BETTER AND OFFER TAILORED ADVICE TO HELP YOU MAKE INFORMED DECISIONS ABOUT YOUR CAREER PATH. ALTERNATIVELY, IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE FEEL FREE TO REPLY TO THIS EMAIL, AND WE WILL ADDRESS THEM PROMPTLY.

WE LOOK FORWARD TO CONNECTING WITH YOU SOON AND ASSISTING YOU IN NAVIGATING THE EXCITING POSSIBILITIES WITHIN THE NEUROPILATES COMMUNITY.

Contact Us

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 <http://www.bodyhack.co>



Bodyhack Fitness Education