



## Workshops

course title: **osteoporosis & pilates**

date: Saturday 10th September 2011

time: 1pm - 4pm

cost: £50

venue: The Clinical Pilates Studio, The Mews, 5A Watts Lane, Eastbourne, BN21 1AP

course title: **osteoporosis & pilates**

date: Saturday 15th October 2011

time: 11am - 2pm

cost: £50

venue: Moving Arts Base, 134 Liverpool Road, London, N1 1LA

aim:

During this 3 hour workshop we will be examining the pathology of osteoporosis and the research around this condition & exercise.

We will then discuss and look at our clinical reasoning of how to use pilates on our clients with osteoporosis. There will be a practical element as well as theory and discussion.

objective:

To increase instructors confidence to use pilates with osteoporotic clients.

lecturer:

Mary Thornton is a Chartered Physiotherapist and Pilates Foundation trained practitioner and has been using pilates in her clinical practice for 13 years. She is director of the Clinical Pilates Studio, East Sussex ([www.theclinicalpilatesstudio.co.uk](http://www.theclinicalpilatesstudio.co.uk)) which specialises in exercise rehabilitation.

Before opening the clinic she worked extensively with in the NHS as a senior clinician specialising in muscular skeletal and women health treatment as well as private practice. Mary also lectures to clinicians & pilates instructors on different aspects of clinical pilates, she also devised the pilates programme for the UKs first equestrian DVD 'pilates for riders'.

Course open to any internationally qualified Pilates teacher or Allied health professional.

CPD points - 3 hours

To book a place contact the studio direct 07986 060354 or email us

## **Tutorial dates 2011**

time: 10.45am - 12.15pm

cost: £15

venue: The Clinical Pilates Studio, The Mews, 5A Watts Lane, Eastbourne, BN21 1AP

Wednesday 27th July - Exploring the Pilates Arc

Wednesday 21st September - TBC

Wednesday 14th December - TBC

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