



SAPA Affiliated - CPD Accredited

Happy 2012 to all Movement Professionals

2012 course dates live on www.pilatesunlimited.co.za – Accumulate CPD's Now

Become part of a passionate team - Invest in your career & become a Master of Pilates

Pilates Mat course commences - Feb 2012 – 30 CPD points

Our Pilates approach is ideal for Biokineticists as we focus on Precision, Functionality & Anatomy in Pilates.

Why choose our courses?

- *We are CPD accredited.
- *We have 13 yrs experience.
- *Our courses are based on the anatomy in relation to movement.
- *We have trained numerous Pilates instructors, Biokineticists and Physiotherapists in our method.
- *Our courses offer practical implementation of movement for rehabilitation purposes as well as general fitness and health.
- *We teach you Precision in Movement which is vital for any results.

Reasons for Professionals to do the *Pilates Unlimited* courses:

1. Improve on the practical side of your career
2. Feel confident in your choice of exercises for your client
3. Ensure Precision in the execution of the exercises to see results
4. Use the *Pilates Unlimited* method for rehabilitation – IT WORKS
5. Combine Pilates and anatomy to create a full proof system of training
6. You receive CEU's for each course you attend

Do you want to host a Pilates Unlimited course at your studio in your town?

Fill in the 'courses in your town' form on our [website](#) or contact us directly

Our courses:

Pilates mat course, Pilates full equipment and mat course, True shoulder stabilization, Spinal isolation and restriction, Pregnancy and Pilates, Movement assessment and chain reactions, Kinetic Precision comprehensive course, Kinetic Precision short course, Kinetic Precision introductory course, The art of toning, Brilliance in teaching, Pilates standing & Innovative repertoire.

Student Testimonial

*I was amazed at how much I learnt during this course, not only about Pilates but also about my own body. The course opened my eyes to the way the body moves and how to spot individual compensations and adapting the exercise to prevent those compensations. As a physiotherapist the ability to adapt an exercise to accommodate any injury and to isolate specific muscles is crucial in rehabilitation. I was really impressed by Tanya's impeccable anatomy knowledge and the way she incorporates it into her teaching. It is exactly this that I think puts her a step above the rest. Without a doubt I would recommend this course to anyone, especially physiotherapists. **Chantal Berry (Physiotherapist)***

Read our Hints & Tips and well as FAQ's on our website

[Subscribe](#) to Pilates Unlimited and receive all info on New and Current courses