

# Foundational & Classical Pilates Mat Training



**April 5, 6, 7, 26, 27, 28 / May 17, 18, 19 / June 7, 8, 9 2019**

During this 125 limited space teacher training, students will be encouraged to incorporate critical thinking into their teaching of the Pilates Mat Work utilizing current research and biomechanically sound cues. Taught by two senior teachers and studio directors, this course will delve into how to teach in various settings including a large or small group class, private setting or in a yoga or fitness studio. If you like to think and ask questions about the why behind movement, this is the course for you.

**For more information and / or a consult email [julia@inhabitpilates.com](mailto:julia@inhabitpilates.com)**

## **Julia Wyncoll MFA, BFA**

### **Julia Wyncoll, Studio Director at Inhabit Pilates and Movement**

Julia has been teaching pilates for 23 years and is a fully certified Pilates teacher and Franklin Method Educator (Level 2). She develops curriculum for both active lifestyles and those rehabilitating from injury and trauma, and comes to this teacher training with her strength as a mover and keen observer of movement patterns.

## **Riki Richter D.O.M.P.,D.Sc.O.**

### **Movement therapy Director at Synergy Sports Medicine**

Riki has been teaching Pilates for 23 years and has taught anatomy for numerous teacher trainings including Downward Dog's for 12 years. At Synergy she developed rehab protocols used in their "Movement Based Rehabilitation" model. She is an osteopathic manual practitioner and brings current movement research to the training.

