



Polestar Pilates Australia

COURSE SCHEDULE 2008

Space is Limited and Courses Fill Quickly. Register Now!

Updated: 19-Dec-2007

(version 2)

STANDARD POLESTAR PILATES CURRICULUM

Rehab Series		Principles	R 1	R 2	R 3	R 4	R 5	R 6	EXAM
NSW	Sydney	23-24 February	8-9 March	12-13 April	24-25 May	21-22 June	26-27 July	30-31 August	TBC
VIC	Melbourne	15-16 March	12-13 April	24-25 May	28-29 June	2-3 August	6-7 September	11-12 October	TBC
WA	Perth	19-20 April	17-18 May	21-22 June	26-27 July	23-24 August	20-21 September	1-2 November	TBC
SA	Adelaide	28-29 March	11-12 April	16-17 May	20-21 June	1-2 August	5-6 September	10-11 October	TBC
QLD	Brisbane (end 07)	completed	completed	completed	completed	2-3 Feb 08	1-2 Mar 08	5-6 Apr 08	TBC
QLD	Brisbane (2008)	10-11 April	12-13 April	31 May-1 June	5-6 July	9-10 August	13-14 September	18-19 October	TBC

NOTE: R2-R6 additional Friday evening 3-hour self-mastery check-off session with instructor.

Studio Series		Principles	S 1	S 2	S 3	S 4	S 5	S 6	EXAM
NSW	Sydney	23-24 February	8-9 March	12-13 April	24-25 May	21-22 June	26-27 July	30-31 August	TBC
VIC	Melbourne	15-16 March	12-13 April	24-25 May	28-29 June	2-3 August	6-7 September	11-12 October	TBC
WA	Perth	19-20 April	17-18 May	21-22 June	26-27 July	23-24 August	20-21 September	1-2 November	TBC
SA	Adelaide	28-29 March	11-12 April	16-17 May	20-21 June	1-2 August	5-6 September	10-11 October	TBC
QLD	Brisbane (end 07)	completed	completed	completed	completed	2-3 Feb 08	1-2 Mar 08	5-6 Apr 08	TBC
QLD	Brisbane (2008)	10-11 April	12-13 April	31 May-1 June	5-6 July	9-10 August	13-14 September	18-19 October	TBC

NOTE: S2-S6 additional Friday evening 3-hour self-mastery check-off session with instructor.

Mat Series		Principles	M 1	M 2	M 3	EXAM
NSW	Sydney	23-24 Feb	1-2 March	29-30 March	17-18 May	TBC
VIC	Melbourne	15-16 March	5-6 April	17-18 May	21-22 June	TBC
WA	Perth	14-15 June	28-29 June	9-10 August	6-7 September	TBC
SA	Adelaide	28-29 March	18-19 April	23-24 May	27-28 June	TBC
QLD	Brisbane	27-28 June	29-30 June	16-17 August	20-21 September	TBC

Allegro Series		Principles	A 1	A 2	A 3	EXAM
NSW	Sydney	23-24 Feb	6-7 March	10-11 April	22-23 May	TBC

POLESTAR PILATES TRANSITION COURSE

Polestar Transition Course

Block Series (8 days total)

For Certified Pilates practitioners

Polestar Pilates Australia, now offers those Certified Pilates practitioners who wish to complete the Polestar Certification. You must show proof of prior certification on enrolment. The following block dates will be in Sydney and Melbourne for 2008. Total number of contact days is eight (8).

NSW	Sydney	2nd-10th August	(one day off - 6th Aug)
VIC	Melbourne	16th-24th February	(one day off - 20th Feb)

Certificate IV in Pilates Instruction (91121 NSW)

Polestar Pilates Australia, in arrangement with Pilates International (Pilates ITC) is now offering all Polestar Pilates graduates the opportunity to bridge to the Certificate IV in Pilates Instruction (91121 NSW). Further information can be found in full Bridging Handout.

pilatesitc
international training centre

Cert IV in Pilates Instruction

3-days

NSW	Sydney	TBC
VIC	Melbourne	TBC
WA	Perth	TBC
SA	Adelaide	TBC

NOTE: To complete the Cert IV in Pilates Instruction, you must complete the 3-day Bridging Modules and Full Studio or Rehab series, plus M2 and M3.

CONTINUING EDUCATION

Critical Reasoning Series

Dates and cities to be confirmed

CR-1

CR-2

CR-3

CR-4

For Certified Pilates practitioners

Advanced Spine

For Polestar Graduates

VIC	Melbourne	19-20 July
WA	Perth	7-8 June
SA	Adelaide	22-23 November

WORKSHOPS & EVENTS

For further workshops and masterclasses throughout Australia, go to our website link www.polestarpilates.com.au/workshops.php

Polestar Pilates Australia Pty Ltd. Polestar Education LLC

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REGISTER NOW!

www.polestarpilates.com.au