



Scoliosis and Pilates Workshop

One day Sat Nov 16, 2019

This dynamic one-day seminar is a mix of theory and practical sessions on the use of Pilates in the management of Scoliosis. This course is open to all licensed physiotherapists and all certified Pilates instructors from a recognized school of Pilates.

Over the course of the day you will review the history of Scoliosis, its incidence and development and how it is now one of the most prevalent issues facing Physiotherapists and Pilates teachers alike. The difference between congenital and idiopathic scoliosis will be discussed, along with the mix between C-curve and S-curve deformities of the spine and their differing challenges. Following this, you will be guided through the APPI's step by step program of how to deliver a successful in clinic scoliosis session, small group classes as well as a specific home exercise program.

The course is led by Dr. Misty Rose Austin PPDPT, MPhty, BKin, APPI America Presenter. You will receive a Pilates & Scoliosis Certification from the APPI.

HOST: Pilates Manitoba, 390 Academy Road, Winnipeg R3N 0P8.

COST: \$325 for MPA members, \$375 for non-members; \$15 for the manual

To register call Pilates Manitoba 204.487.2287 or text 204.999.9984 or email info@pilatesmanitoba.com or book online here.

<https://bit.ly/2Z00Srn>

This certification course is pre-paid. Due to the unique and specialized human experience of this course, we can not offer refunds or transfers to other courses but you can arrange for another qualified person to use the reserved spot.