



# PACIFIC COAST PILATES ACADEMY

## THE AUDIT TRAIL

Welcome to The Audit Trail! Designed for anyone curious about the Pilates method without the pressure of a formal program.

You can purchase lecture units, movement education workshops or Pilates clinics individually or in discounted bundles at the prices listed below. Pre-registration is highly recommended as spaces are limited.

### Lecture Units 1 thru 5 (each unit 12 hours) \$600 plus gst each

Graduates of our Teacher Training Program get 25% off Lecture weekends

### Movement Education (6 hour workshops) \$250 plus gst each

Breathing and The Pilates Method

Ball Rolling for Embodiment

The Link System

### Movement Education (12 hour workshops ) \$500 plus gst each

The Fundamentals of Pilates

Bone Rhythms of the Pelvis, Spine and Shoulder Girdle

### Pilates Clinics (3 hours each) \$150 plus gst

The Nine Lines of Movement

Taking Root

Teaching Roadblocks

Getting to Know your Psoas

Oppositional Energy

Modifications and Bridge Exercises

Ball Rolling for Pilates

Synchronization of the Girdles

The Stretch & Strength in Pilates

Spotting and Partnering

### Bronze Bundle - \$1,050 plus gst

1 Lecture Unit, 1 Movement Education (12 hours worth), 1 Pilates Clinic or any combination of 27 hours of education.

### Silver Bundle - \$1,600 plus gst

2 Lecture Units, 2 Movement Education (24 hours worth), 2 Pilates Clinics or any combination of 54 hours of education.

### Gold Bundle – \$2,800 plus gst

3 Lecture Units, 3 Movement Education (30 hours worth), 3 Pilates Clinics or any combination of 75 hours of education.

### Lectures Workbooks - \$75 each plus gst