

# 2010 POLESTAR PILATES EDUCATION COURSE DATES & REGISTRATION WELLINGTON



POLESTAR PILATES™  
NEW ZEALAND

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone (H) \_\_\_\_\_  
 (W) \_\_\_\_\_  
 (M) \_\_\_\_\_  
 Email \_\_\_\_\_

**Please return signed form to:**  
 Polestar Pilates NZ Ltd  
 P.O. Box 47503, Ponsonby  
 AUCKLAND  
 Tel (09) 303 2211  
 Fax (09) 376 6270  
 Email info@polestarpilates.co.nz  
 Web www.polestarpilates.co.nz

**I want to register for the following**  
 (please circle all choices, eg. circle PF, S1, S2, S3, S4, S5, S6, or PF, M1, M2):

**Rehabilitation or Studio Series**

(is made up of 7 two-day courses)

PR Principles OR PF Principles 25-26 March  
 R1 (Rehab 1) OR S1 (Studio 1) 27-28 March  
 R2 (Rehab 2) OR S2 (Studio 2) 1 - 2 May  
 R3 (Rehab 3) OR S3 (Studio 3) 12-13 June  
 R4 (Rehab 4) OR S4 (Studio 4) 24-25 July  
 R5 (Rehab 5) OR S5 (Studio 5) 28-29 Aug  
 R6 (Rehab 6) OR S6 (Studio 6) 9 - 10 Oct

**Mat Series**

(is made up of 3 two-day courses)

PF Principles 25-26 March  
 M1 (Mat 1) 1 - 2 May  
 M2 (Mat 2) 24-25 July

**Exams**

Rehab, Studio or Mat TBC

Please note: Exams need to be completed within 12 months after the final course any of the above Series.

**The Rehabilitation Series is available to registered health professionals only so please confirm:**

I am a registered rehabilitation professional - please circle: MD - PT - SRP - OT - RN - DC - DO

How did you hear about Polestar Pilates Education?

Describe your experience with the Pilates Method:

Signature of applicant: \_\_\_\_\_ Date: \_\_\_\_\_

**Payment options:**

Payment can be made via credit card, cheque made out to Polestar Pilates NZ, or direct debit into account 03 0104 0440078 00 for the credit of Polestar Pilates NZ.

Please charge my:  VISA  MASTERCARD Card no. \_\_\_\_\_  
 Amount to be charged: \$ \_\_\_\_\_ Expiry date \_\_\_ / \_\_\_

Signature of cardholder: \_\_\_\_\_

**Please note:**

- All fees are in NZ dollars and include GST - prices are subject to change without notice.
- Registration is required at least 30 days in advance, as you will need to receive pre-course reading, documentation, and a logbook.
- A minimum deposit of \$800 is required to reserve your space on a Polestar course, of which \$250 is non-refundable, unless you opt to use a Payment Plan.
- The Series fees include workshops, course manuals, morning and afternoon refreshments, and certificates of completion after each of the two-day courses that make up the Series. The fees do not include lunch. **Exam fees are also not included.**
- Receipts can be provided after payment is received. The balance of all fees is due no later than 15 days in advance of the series.
- All series that are broken up into individual courses will be charged at the individual, regular price.
- We reserve the right to postpone or cancel any course due to low registration. If Polestar cancels or postpones a course, you will have the option of transferring to another course, receiving a course credit good for 1 year, or a full refund.
- There will be no refund for cancellations less than 30 days before course start-date, and no refunds after any transfers.
- Polestar Education is not responsible for any hotel/airline reservations or transportation to and from a course.
- A \$50 fee will be charged for any bad cheque passed or declined credit card debit due to insufficient funds.

# 2010 POLESTAR PILATES EDUCATION COURSE DATES & REGISTRATION - WELLINGTON



## Rehabilitation or Studio Series

- Each course is two days (16 hours) consisting of lecture and lab time where you practice and receive educator feedback, a total therefore of 7 two-day courses for a full Series.
- For graduation after completing Phase I & II, you will be required to complete at your own expense the required reading and writing assignments; 40 hours of observation, 100 hours of self mastery practice and 100 hours of apprentice teaching.
- Courses 2 through 6 include a 3-hour self-mastery check-off session the evening before the course where you show the course instructor the log book (given in first course) and get passed off on your mastery of the exercises by demonstrating and teaching them. Exact day and times will be announced by your educator. *Please note:* you will be charged an additional fee for this.
- Polestar course manuals are included. Other assigned reading materials may be purchased at most bookstores.
- Coaching is available at select locations *for which additional fees will be charged.* Payments are to be made directly to the coaching site or mentor.

### Individual courses

	Normal	*Early Bird
PR or PF	\$695 each	N.A.
Rehab courses R1 through R6	\$800 each	N.A.
Studio courses S1 through S6	\$800 each	N.A.

### Phases I and II combined

	Normal	*Early Bird
<i>Save \$275 compared to individual Phase I &amp; II Packages!</i>		
Rehab: PR, R1, R2, R3, R4, R5, R6	\$5,220	\$4,960
Studio: PF, S1, S2, S3, S4, S5, S6	\$5,220	\$4,960

### Phase I Package

Rehab: PR, R1, R2, R3 = 8 days total	\$3,095	\$2,940
Studio: PF, S1, S2, S3 = 8 days total	\$3,095	\$2,940

### Final Exam:

*Within 6 - 12 months after final course in the series (eg. S6 or R6)*

Rehab or Studio Exam	\$420	N.A.
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### Phase II Package

Rehab: R4, R5, R6 = 6 days total	\$2,400	\$2,280
Studio: S4, S5, S6 = 6 days total	\$2,400	\$2,280

Receive a \$50 discount on the above Exam prices when you purchase a Phase I & Phase II combined package together with the Exam - at the same time.

## Mat Series

- Each course is two days (16 hours) consisting of lecture and lab time where you practice and receive educator feedback.
- For graduation, you will be required to complete at your own expense; 25 hours of observation, 50 hours of self mastery practice and 50 hours of apprentice teaching.

### Mat Series Package

	Normal	*Early Bird
Mat: PF, M1, M2 = 6 days total	\$2,035	\$1,935

### Individual courses

	Normal	*Early Bird
PF	\$695 each	N.A.
Mat courses M1 through M2	\$670 each	N.A.

### Final Exam:

*Within 6 - 12 months after final course in the series*

Mat Exam	\$370	N.A.
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## Payment Plan - available on Normal Package Prices only

- A one time non-refundable handling fee of \$100 for Rehab, Studio or Mat will be added to the package price
- Initial payment of \$800.00 will be debited from your credit card to reserve your space in the series. If registration is less than 30 days before start date of first course in the series, the initial payment of \$800 PLUS the first installment will be required at time of registration.
- The balance of the tuition will be divided into monthly payments that will be automatically debited from your credit card
- The number of monthly payments and amount depends on the package
- Payments begin one month after registration, and will typically be processed on the 1<sup>st</sup> or 15<sup>th</sup> of every month. If this date falls on a weekend or holiday, debit will be processed the following business day.
- Here is an example for the Mat Series package: Normal Package Price is \$2,035. Add \$100 handling fee equals \$2,135. Initial payment of \$800 required, leaves \$1,335 to be divided into equal monthly payments. Say with less than 30 days to go before first course starts, in this case PF. First payment therefore to equal \$800 + (\$2,135 minus \$800, divided by 2 months) = \$800 + \$667.25 = \$1,467.25. The remaining \$667.25 will be charged to your credit card on 1<sup>st</sup> of March.

## \*Early Bird Discount - available on Package Prices only

- Available only on Package Prices only, not on principle or individual courses, or exams.
- Early Bird Discount is not available when you choose to use the Payment Plan.
- Available only if full Package Price is paid by 1<sup>st</sup> February 2010.

## REPS Discount & CECs

- If you are REPS registered (proof required) you receive 50 CECs as well as an additional 15% discount on the Studio or Mat Series.

# POLESTAR PILATES EDUCATION CERTIFICATION SERIES

Polestar Pilates Education is an International Pilates training program, which has provided comprehensive Pilates-evolved Rehabilitation and Fitness curricula for over 13 years.



## Rehabilitation Series

The Polestar Pilates Rehabilitation program provides a unique environment for licensed and certified rehabilitation professionals to receive in-depth instruction in Pilates rehabilitation principles, techniques and practice. Each student will receive a comprehensive didactic, practical and critical thinking course of study. The didactic curriculum has earned the reputation world wide as the most scientifically based curriculum available and this course of study will take that existing curriculum to an new pinnacle in the field of Pilates Education, consisting of formal lecture, reading assignments, research literature review, and writing assignments. Polestar is best known for its “critical thinking” model with its original design of the Polestar Screening, Polestar Health Model and Post-Rehabilitation assessment tools.

The Rehab Series comprises 7 two-day courses. The courses must be taken in the following order: PF, R1, R2, R3, R4, R5, R6.

### **Pre-requisites:**

- 1) Registered rehab professionals (MD, PT, OT, DC, RN and Bach SpSc. / Hum Mmvt and Bach.Appl. Science)
- 2) 25 hours of private or group Pilates classes

## PR - Polestar Approach to Pilates Rehabilitation Principles (2 days, 16 hours)

The first course is the PR course: Polestar Approach to Pilates Rehabilitation Principles. For those participants undertaking more than one series, it is only required to complete PR/PF ONE time. This introductory, *non-apparatus* course applies current research in movement science, biomechanics, kinesiology, and motor learning to instructional practice through six basic movement principles. Lectures and practical sessions accompany each principle. These six basic principles will be utilised throughout the rehabilitation series. This course will also integrate clinical reasoning techniques based on a modified Nagi model to facilitate decisionmaking within the Pilates rehabilitation environment. Pilates mat instruction will be introduced.

## R1 to R6 (Six 2-day courses of 16 hours per course)

Rehabilitation R1-R6 courses teach the practical skills needed to become proficient with the assessment techniques, movement sequences and selection, and principles of movement learned in PR. Mini-lectures will address stabilisation, mobilisation and trunk control for extremity efficiency and the following topics; postural assessment, movement acquisition, imagery, tactile cueing, gait assessment and energy medicine. The movement selections focus on early intervention and beginning exercises on all Pilates equipment, including Trapeze Table, Reformer, Combo Chair, High Barrel, mat and small props. Practical sessions address adjustment of equipment for patient safety and instructor efficiency, reinforcing the natural progression of movement following an injury to the spine and/or extremities. Case studies will be reviewed and the participant will design a treatment plan based on the information in the cases. Cueing and movement facilitation will also be emphasised. Lectures will address indications and contraindications for exercise selection.



The repertoire includes advanced skills with movement sequences to treat specific lesions, including mechanical tension of the spine and extremities. *This integration of manual mobilisation skills and Pilates-evolved movement is unique to Polestar.* Participants will learn manual intervention techniques appropriate for their scope of practice. The course contains traditional case studies, but participants will work independently, in preparation for the certification Exam.

## Studio Series

The Studio Series comprises 7 two-day courses. The courses must be taken in the following order: PF, S1, S2, S3, S4, S5, S6.

### **Pre-requisites:**

- 1) Certified Fitness Instructor, or instructor of movement arts such as dance, yoga, tai chi, etc. for three years.
- 2) Knowledge of basic anatomy and physiology.
- 3) 25 hours of private or group Pilates classes.

## PF - Polestar Approach to Pilates Fitness Principles (2 days, 16 hours)

The first course in all Polestar Fitness Programs is the PF course, Polestar Approach to Pilates Fitness Principles. **For those participants undertaking more than one series, it is only required to complete PF ONE time.** This *non-apparatus* course applies current research in movement science, biomechanics, kinesiology and motor learning to instructional practice through six basic movement principles that are utilised throughout the Polestar curriculum. Tactile, verbal and imagery cues are integrated with Pilates mat exercises. This course introduces Polestar Pilates Screening™, which includes postural evaluation and functional testing, to prepare participants to properly design and implement Pilates exercises for patients and clients. This unique component significantly enhances decisionmaking skills as a Pilates practitioner.

## S1 to S6 (Six 2-day courses of 16 hours per course)

Studio S1-S6 participants will learn Pilates exercises on the Studio Reformer, Trapeze Table, Combo Chair, Ladder Barrel, Mat and small props. The course reviews the postural screening methodology and the six principles learned in PF, as well as additional lectures and labs on the following topics; imagery, systems theory, movement organisation, tactile cueing, communication and energy medicine. It then applies them to exercises for the apparatus.

Participants will learn verbal and tactile cueing combined with mental imagery to help facilitate accurate execution of the movements. As the courses progress the repertoire not only offers more difficult physical challenges, but also greater concentration and mind-body integration.

At the conclusion of each practical session, participants will discuss the components and movement principles of the exercises as they relate to the various apparatus and the mat. Advanced case studies, practical application of the repertoire in the studio environment, and preparation for the certification exam constitute the focus of the final courses in the Studio series.

At the end of the course, you will be able to design and implement apparatus exercise programs for beginning level clients to advanced level. Students will be introduced to small group training on the apparatus, including Polestar circuit training. At the end of the course, students will be able to design and implement an appropriate program for beginning to intermediate level clients and conduct small group training.



## **Mat Series**

The Mat Series comprises 3 two-day courses and focuses on the original Pilates mat exercises, their progressions, preparatory exercise and the use of small props such as foam roller, magic circle, fitballs, rotation discs and balance boards. The Mat Series must be taken in the following order: PF, M1, M2.

### **Pre-requisites:**

- 1) Certified Fitness Instructor, or instructor of movement arts such as dance, yoga, tai chi, etc. for three years.
- 2) Knowledge of basic anatomy and physiology.
- 3) 25 hours of private or group Pilates classes.

## **Polestar Certification**

Certification involves completing the series, completion of assignments and short quizzes, as well as a number of hours of observations, self-mastery, assistant teaching, and practical teaching (as outlined below). Full certification is given once the final written and practical exam is passed – pass mark is 80%.

Course	Pre-Course	Lectures	Observation	Practice (Self-Mastery)	Apprentice Teaching
Rehab Series	25	112	40	200	200
Studio Series	25	112	40	200	200
Mat Series	25	64	25	50	50

## **Text Books**

As part of the training students will be required to purchase the following course textbooks (additional to course fees) for the Studio and Rehab Series:

- Anatomy of Movement, Blandine Calais-Germain: Eastland Press 1993
- The Complete Writings of Joseph H Pilates (Return To Life & Your Health), Joseph Pilates: Bain Bridge Books
- Complimentary Therapies In Rehabilitation, Carol Davis: Slack 2004 (Chapter 1, 2 + 15)
- Dynamic Alignment through Imagery, Eric Franklin: Human Kinetics
- Energy Medicine, The Scientific Basis, James L. Oschman: Churchill Livingstone, 2000 Chapters 1-4, 15

## **Mentoring**

As mentioned above, students will be required to complete practice hours (self-mastery), which are in addition to course fees.

Polestar has a network of mentors that can offer assistance with practice and teaching hours. Please contact Polestar for a list of names and locations. Further information will be given out on the first day of the course.

## **Cancellations & transfers**

**Cancellation:** Full refund less \$250 non-refundable deposit if you cancel 30 days or more before the first course date. NO REFUND for cancellations less than 30 days before course start date. If you've completed some courses in a package and need to cancel the remainder of the package, courses will be charged at the individual course rate. The remaining balance minus administrative fee will then be returned.

**Transfer:** Transfers must be complete no later than 30 days prior to start date of course you are registered for. A \$35 transfer fee per course will be charged. A maximum of two transfers per calendar year per student are allowed. REFUNDS following any transfers are NOT possible.

# WHY POLESTAR PILATES ?



POLESTAR PILATES™  
NEW ZEALAND

## **REPS CERTIFIED**

Polestar Pilates NZ is registered with REPS, the NZ Register of Exercise Professionals for the Studio, Mat and Allegro Series. By completing any of these series you receive 50 REPs Continuing Education Credits (CECs), **as well as an additional 15% discount!**

## **PRIVATE IN-HOUSE TRAINING ALSO AVAILABLE**

Contact us if you want to organise a private, in-house course in your location or studio. Special pricing applies.

## **SCIENTIFIC VERSUS ANECDOTAL**

The Polestar Pilates curriculum, designed by Physiotherapist and Orthopaedic Certified Specialist Brent Anderson, is based on a scientific foundation, as opposed to an anecdotal one. Drawing on his extensive background in rehabilitation and movement science, Brent Anderson has expanded on Pilates' principles by adding manual skills, advanced body awareness, and principles from motor control theory. The Polestar Pilates method draws on the sciences of anatomy, physiology, biomechanics and motor control, and integrates scientific research findings in the areas of orthopaedics, sports medicine and movement science.

## **INTERACTIVE VERSUS AUTHORITATIVE**

Polestar's teaching method is interactive, as opposed to authoritative. The educational approach incorporates discussion facilitation, labs (doing, observing, teaching), problem solving (utilizing case studies and deductive reasoning), teaching practicals (group dynamics and individuals), analysis skills, and the principles of neuro-linguistic programming (modeling, sequencing and structuring information, and maintaining appropriate learning states). The Polestar Pilates method recognizes the whole person - physically, psychologically, emotionally and spiritually.

## **DEDUCTIVE VERSUS PRESCRIPTIVE**

Polestar Pilates Rehabilitation Series instructs students in the use of a Nagi-evolved classification system of disability. The Nagi model includes four classifications that aid in determining the severity of disability, and identifies the best path of care. The classifications include pathology, impairment, functional limitation, and disability. The use of this model improves the holistic implementation of Pilates to meet the individual needs of patients in an evidence based structure.

## **COMPETENCY VERSUS TIME & MONEY**

Certification by Polestar Pilates is competency-based, as opposed to time and money based. Polestar accepts that some students achieve competency faster than others, and does not require that students practice with Polestar practitioners exclusively. The certification examination comprises multiple choice questions, case studies and practical demonstrations.

## **FLEXIBLE VERSUS FIXED**

Polestar's curriculum is flexible, as opposed to fixed. Each series (Mat, Studio, Allegro and Rehabilitation) comprises four modules that can be undertaken as the student's timetable and location permits.

## **PRINCIPLES VERSUS REPERTOIRE**

The Polestar curriculum is based on Pilates principles - not exercise repertoire alone. This enables Polestar practitioners to create exercise programs to address the needs of special populations (golfers, tennis players, dancers, etc.).

## **INTEGRATED VERSUS ISOLATED**

Polestar's Studio and Rehabilitation curriculum is taught within the total Pilates environment (incorporating the Reformer, Trapeze Table, Combo Chair, Ladder Barrel, Mat and small apparatus), as opposed to offering courses teaching students to use each piece of equipment in isolation. Students therefore develop an integrated and flexible approach to exercise prescription within the total environment.



## **INTERNATIONAL VERSUS LOCAL**

Polestar's curriculum is currently available in numerous countries in Europe, North and South America and Asia-Pacific. As the Program is modular, the training program may be started in one location and completed in another if necessary. Polestar's international presence also gives students access to a worldwide community of Pilates colleagues, and means that Polestar Certification is known around the globe.

## **ANNUAL INTERNATIONAL CONFERENCE**

Polestar holds an Annual International Conference. Pilates practitioners from around the world convene to participate in courses, workshops, master classes and a wide variety of movement classes taught by Polestar Pilates Educators and guest presenters. Topics have included Advanced Mat Work, Allegro, Classic Mat, Feldenkrais, Gyrotonesis, Nia, Tai Chi, Yoga and Yogilates.

## **SATISFACTION GUARANTEED POLICY**

If you are not satisfied by the end of the first course day, we will refund your fee, no questions asked. All course materials will remain property of Polestar Education LLC (manuals, log books etc.) Participant must attend the first 8 hour day in its entirety to qualify for the Satisfaction Guaranteed Policy, and notify course instructor plus return all course materials that day.

**[Check out www.polestartpilates.co.nz](http://www.polestartpilates.co.nz)**

**...IMPACTING THE WORLD THROUGH INTELLIGENT MOVEMENT**  
New Zealand USA Canada Brazil Asia UK Germany Austria Italy Spain Australia