

# **Movement For Health**

*Pilates Mat Certification Program*

**2007 Fall/Winter Session**



With Master Instructors:

**Amy Brown and Melissa Enfield**

## About Movement for Health Pilates



Movement for Health founder Janet Lemon Williams has combined her knowledge of anatomy, physiology, conditioning, injury prevention and rehabilitation to create this unique approach to Pilates and movement education.

Working with connective tissues as well as muscles, the Movement for Health approach considers the whole person, addressing whole health, not just the strength and flexibility. Clients find their core support and how to engage it appropriately in both exercise and in everyday life.

Janet helps clients to make connections between how they move and how they live, encouraging the individual to be more empowered and centered as old habits to fade away. Clients are able to go out and live life to the fullest, working out with the knowledge that their bodies can respond safely to any form of exercise.

## Our Teaching Philosophy

The philosophy of teaching at Movement for Health is one of respect for quality over quantity and that learning is a process. Important material cannot be stuffed into a brain and left, it has to be allowed in gradually over time and in many different forms: homework (reading, writing) and experiencing on different levels (observing, participating, assisting).

At the root of it, learning is about change. Learning is not about the facts but what they mean to you and how they change you. It is also how delivering them to you changes the instructor. Each time it is different. It is a process of relationship between student and teacher. Both come away transformed.

## Our Program

The Movement For Health Mat Certification is a 150-Hour apprenticeship based program. The program covers the History, Philosophy, Classical and Alternate Exercises. You will learn how to execute, breakdown and modify the movements. You will develop observation techniques to help you assess movement and postural issues when working with clients. You will learn how to design classes to provide the safest and most stimulating work for individuals and groups alike.

*Location:* Pilates For Life 27 Yorkville Ave Toronto, ON

*Dates:* September 29/30, October 13/14, November 10/11  
December 8/9

*Test Date:* January 12, 2008

*Cost:* \$1500.00 (plus GST)

Non-refundable deposit of \$250.00 due by September 15, 2007

Does not include class materials (one text, one CD), additional Anatomy Workshop, 20 class pass at Pilates for Life

*Prerequisites:* We require a minimum of one year's experience in Pilates or permission of the instructor. You do not require previous knowledge of anatomy, you will be required to attend an Anatomy Weekend Workshop (dates TBA) with our founder, Janet Lemon.

*Materials:* Rolfing by Ida P. Rolf, Janet Lemon Movement For Health CD

## **Master Instructors**

### **Amy Brown**

Amy left the world of PR five years ago to open Pilates for Life. She has been sharing and introducing people to Pilates for over 7 years. Amy has also created 11 DVDs.

With small, intimate classes, everyone receives individual attention and Amy always makes sure clients leave feeling happier, healthier, and taller.

### **Melissa Enfield**

Like Amy, Melissa has been teaching for over 7 years after completing Movement For Health's inaugural certification program in 2000. Since that time, Melissa acquired her equipment certifications, yoga certification (White Lotus, California) and additional training with various Master Instructors from the Pilates world.

Melissa offers classes and private instruction at various locations throughout the GTA. Her work is creative and often intense. She adheres strongly to the precision of Joseph Pilates work while hopefully having a little fun doing it.

For additional information on the program, please contact [info@pilatesforlife.ca](mailto:info@pilatesforlife.ca)  
For additional information on Movement For Health, please contact [www.movementforhealth.net](http://www.movementforhealth.net).