



Breathe. Workshop **Cape Town, November 2021**

Dates: 19 November

Time: 230pm to 5pm

Course Fees: **R600**

CPDs: 2 (applied for)

Venue: 6 Winchester Avenue, Bishopscourt

Course outline:

There are various ways to include stretching within a training session, including static stretches, ballistic, PNF, and fascial release. In this workshop, we cover the theory of how stretches work (or don't work!) and how we can include them within a Pilates, Yoga, or personal training class.

Registrations: To reserve your place, email your registration form to info@thesourcecapetown.co.za.

Banking details: Conscious Movement Education CC
Nedbank
Branch code 101109 (Constantia)
Account 1011139065
SWIFT: NEDSZAJJ (for overseas transfers)



Registration Form
Breathe. Workshop
Cape Town, November 2021

Name

Date of birth

Telephone (h)

(w)

(cell)

Address

Email

What is your background?

I, _____, do not hold The Source, Conscious Movement Education, Renee Watson, lecturers, the hosting Pilates Studio or heirs liable should I incur injury during this course or incur injury on their studio premises. I agree to the above conditions and those outlined in Appendix A and I confirm that all information provided in Appendix B is true.

Print name (student) _____

Signed _____

Date _____