



Pre and Post Natal Course **Cape Town, September 2021**

Module dates: 3 / 10 / 17 September

Times: 1pm to 5pm

Venue: 6 Winchester Avenue, Bishopscourt

Course outline:

- Theory and physiology of each trimester
- Pelvic floor
- Yoga and Pilates mat repertoire
- Contraindications
- Class design
- Teaching skills
- Modifications and hands-on assistance
- Mindfulness and relaxation

Course requirements:

- In-class evaluations
- In-class teaching assessment
- Class design assignment
- Take home assignment

Course Fees: R1800 (includes e-manual and Certificate of Attendance)

Payment is required in full in order to reserve a place. Fees are 50% refundable within 14 days of the course commencing. Fees are non-refundable within 7 days of the course commencing.

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



Registration Form
Pre and Post Natal Course
Cape Town, September 2021

Name

Date of birth

Telephone (h)

(w)

(cell)

Email

Who referred you to CME?

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 _____