



Shoulder Mechanics Workshop **Cape Town, August 2021**

Date: 13 August

Time: 2pm to 5pm

Fees: **R700** (includes notes and Certificate of Attendance)

Venue: 6 Winchester Avenue, Bishopscourt

Outline:

- Scapulae and shoulder joint overview
- Shoulder girdle movement video
- Muscles, tendons, ligaments
- Fascial arm lines
- Exercises and repertoire to strengthen and release
- Appropriate props

Payment is required in full in order to reserve a place. Fees are 50% refundable should students cancel 30 days before the course starts. Fees are non-refundable within 30 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
Shoulder Mechanics Workshop
Cape Town, August 2021

Name

Date of birth

Telephone (h)

(w)

(cell)

Address

Email

What is your background in movement?

What would you like to gain from doing this workshop?

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 _____