



Balanced Body[®]

EDUCATION CATALOG



Balanced Body® is your partner in mind
body fitness.

We work with the best educators in Pilates
and related disciplines to provide learning
opportunities that are stimulating,
personal and deeply rooted in the art and
science of movement. Learn and grow
with programs that develop your mind,
your body and your career.

From instructor training to our renowned
continuing education workshops and
Pilates on Tour® conferences, we are
committed to supporting your personal
and professional growth.

CoreAlign® Instructor Training

(16 HOURS)

The CoreAlign® system from Balanced Body® stimulates core stability muscles to fire in perfect timing while performing challenging exercises, stretches and core controlled aerobic training.

Give your clients a unique exercise experience that improves gait, posture, balance and functional movement. Clients at all fitness levels will feel the difference.

COREALIGN® TRAINING

Balanced Body offers CoreAlign training for individuals with a strong background in movement, such as accredited Pilates instructors, personal trainers, movement teachers and physical therapists. The method is used for musculoskeletal rehabilitation, performance enhancement and as a regular sport for a healthy lifestyle.

COREALIGN® 1: FOUNDATIONS (16 HOURS)

CoreAlign 1: Foundations, is the heart of the CoreAlign training program. The course includes the theoretical basis of the CoreAlign method along with essential exercises designed to show you the full potential of the CoreAlign method. The course includes:

- » 60+ Foundation exercises designed to build functional movement skills applicable to daily life and athletic pursuits.
- » Exercises in supine, all fours, plank and standing positions.
- » Specific exercise Tracks to focus on Trunk Integration, Upper Body Strength and Balance, Lower Body Strength and Power, Gait and Dynamic Flexibility.
- » Progressions and regressions to address clients at different levels of ability.
- » Specific modifications and precautions for working with clients with injuries and special populations.
- » CoreAlign unit set up and safety.
- » The Balanced Body Movement Principles to make your training more efficient, effective and safe.

COREALIGN® 2: PROGRESSIONS (16 HOURS)

CoreAlign 2: Progressions, builds on the foundation of CoreAlign 1 with progressions of the key exercises learned in CoreAlign 1 as well as additional exercise categories, training options and teaching techniques. CoreAlign 2 includes:

- » Progressions of plank and standing exercises to address a range of training goals from core stabilization to creating integrated rotation for throwing sports.
- » Techniques for modifying exercises by using rotator discs or varying the direction and level of resistance.
- » Exercises to challenge balance, coordination and complex movement patterns to prepare clients for all of life's challenges.

CREATION OF THE COREALIGN®

CoreAlign was created by Jonathan Hoffman, BPT Grad Dip Manip Ther, a physical therapist and fitness enthusiast. Jonathan developed the CoreAlign exercises while working in a rehabilitation setting as well as with healthy people and performance athletes.





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