










<p>16-17, 23-24, 30-31 JANUARY</p> <p><b>Matwork Weekend Programme</b> Course 1 (module 1) Initiation and Level 1</p> <p>Susan Pepper</p> <p>P5</p>	<p>6 FEBRUARY</p> <p><b>Workshop 1</b> Super Advanced Matwork</p> <p>Markus Siegenthaler</p> <p>P18</p>		<p>13-14 FEBRUARY</p> <p><b>Equipment Programme</b> Course 6 Advanced Cadillac</p> <p>Susan Pepper</p> <p>P9</p>	<p>6-8, 13-14 MARCH</p> <p><b>Matwork Weekend Programme</b> Course 2 (module 2) Level 2 and 3</p> <p>Susan Pepper</p> <p>P6</p>	
	<p>24 APRIL</p> <p><b>Workshop 2</b> Feet and Legs</p> <p>Jennifer Paynter</p> <p>P19</p>	<p>25 APRIL</p> <p><b>Workshop 3</b> The Hips and Legs</p> <p>Jennifer Paynter</p> <p>P20</p>	<p>1 MAY</p> <p><b>Workshop 4</b> Pilates and the Swissball</p> <p>Florence Gandillon</p> <p>P21</p>	<p>29 MAY</p> <p><b>Workshop 5</b> Anatomy: The vertebral column, a workshop in two parts.</p> <p>Bertrand Raison</p> <p>P22</p>	<p>19 JUNE</p> <p><b>Workshop 6</b> Pilates and Pregnancy</p> <p>Susan Pepper</p> <p>P23</p>
<p>5-10 JULY</p> <p><b>Matwork Summer Programme</b> Course 3 (repeat of module 1) Initiation and Level 1</p> <p>Susan Pepper</p> <p>P5</p>	<p>2-6 AUGUST</p> <p><b>Matwork Summer Programme</b> Course 4 (repeat of module 2) Level 2 and 3</p> <p>Susan Pepper</p> <p>P6</p>		<p>9-13 AUGUST</p> <p><b>Matwork Summer Programme</b> Course 5 Level 4 and 5</p> <p>Susan Pepper</p> <p>P7</p>	<p>16-21 AUGUST</p> <p><b>Equipment Programme</b> Course 7 Beginners/Inter. Reformer</p> <p>Susan Pepper</p> <p>P9</p>	
	<p>28-29 AUGUST</p> <p><b>Equipment Programme</b> Course 8 Advanced Reformer</p> <p>Susan Pepper</p> <p>P9</p>	<p>25 SEPTEMBER</p> <p><b>Workshop 7</b> Pilates and the Magic Circle</p> <p>Markus Siegenthaler</p> <p>P24</p>	<p>9 OCTOBER</p> <p><b>Workshop 8</b> Pilates and the BOSU® Balance Trainer</p> <p>Florence Gandillon</p> <p>P25</p>	<p>23 OCTOBER</p> <p><b>Equipment Programme</b> Course 9 Advanced Barrel</p> <p>Susan Pepper</p> <p>P9</p>	<p>25-29 OCTOBER</p> <p><b>Equipment Programme</b> Course 10 All levels Wunda Chair</p> <p>Pat Guyton</p> <p>P10</p>
<p>27-28 NOVEMBER</p> <p><b>Equipment Programme</b> Course 11 Beginners/Inter. Barrel</p> <p>Susan Pepper</p> <p>P9</p>		<p>4-5 DECEMBER</p> <p><b>Cardiopulmonary Resuscitation (CPR) and First Aid</b></p> <p>Vladimir Stosic</p> <p>P26</p>	<p>21-25 FEBRUARY 2011</p> <p><b>Equipment Programme</b> Course 12 Beginners/Inter. Cadillac</p> <p>Susan Pepper</p> <p>P9</p>	<p><b>REGISTER TODAY!</b></p> <p>Visit <a href="http://www.swissbody-pilates.com">www.swissbody-pilates.com</a> to register for Pilates Teacher Training and Education 2010</p>	