

 **14th Dec. 2024**  
**MUMBAI**



*Clinical Pilates to provide a targeted approach to  
rehabilitation and injury prevention*



**CERTIFIED MAT PILATES TRAINER (CMPT)**

*Master Presenter - Dr. Sharon Wu*

**#IHFACERTIFIED**

**+91 8881388817 | edu@ihfafitness.com | www.ihfafitness.com**

**Objectives:**

1. Understand the principles and benefits of Mat Pilates.
  2. Learn how to incorporate Mat Pilates into rehabilitation and physiotherapy programs.
  3. Master essential Mat Pilates exercises and modifications for various patient needs.
  4. Explore case studies and practical applications for injury prevention and recovery.
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### **Session 1: Introduction to Mat Pilates**

- Origins and principles of Pilates.
- Key benefits for rehabilitation and core stability.
- The role of Pilates in physiotherapy practice.

### **Session 2: Core Techniques and Postural Alignment**

- Anatomy of core muscles.
- Breathing techniques and their importance in Pilates.
- Postural assessment and alignment strategies.

### **Session 3: Practical Session - Beginner to Intermediate Exercises**

- Demonstration of essential Mat Pilates exercises.
- Modifications for various patient conditions (e.g., low back pain, post-surgery recovery).

### **Lunch Break**

### **Session 4: Pilates for Rehabilitation**

- Designing a rehab program using Pilates principles.
- Case studies: Real-life scenarios and Pilates interventions.
- Group practice: Implementing exercises based on case studies.

### **Session 5: Advanced Techniques & Q&A**

- Transitioning to intermediate and advanced exercises.
- Common mistakes and how to avoid them.
- Open forum for questions and discussion.

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### **Key Features:**

- Hands-on learning with expert trainers.
- Customized exercises for rehab and physiotherapy.
- Certification of Course Completion .

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### **Requirements:**

- Spacious room with yoga mats.
- Audio-visual setup for presentations.
- Props like resistance bands, Pilates balls (optional).

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Presenter : Dr.Sharon Wu is a qualified Pilates Instructor and physiotherapist from Mumbai, she's chartered presenter of the International Health and Fitness Association, and teaches 100+ trainers and therapists.

Total Seats 20

Registration Fee INR 4900 (included taxes, study material, certification)

Registration

Dr.Kavita Puri (Mumbai)

Contact Number 87790 74018

email ID – kpuri.ihfa@gmail.com