

ANNOUNCING A MUST-ATTEND PILATES INSTRUCTOR TRAINING COURSE:

ADVANCED MOVEMENT PRINCIPLES FOR THE LOW BACK

JUNE 28-30, 2024

WITH NORA ST. JOHN OF
BALANCED BODY PILATES

This dynamic weekend (a total of 18 hours) will include assessment, movement, and exercises associated with the low back. Longevity Club is thrilled to be one of the first facilities to offer this module in person.

This is an excellent opportunity to work directly with Nora, build confidence, and gain plug-and-play correctives you can immediately use with clients, as well as for your own knowledge and personal practice. You also get an 8-hour video with robust session handout indefinitely, which includes anatomy, biomechanics, and clinical viewpoints. Complete your CEC requirements in just one weekend. **Space is limited for this AMP in-person module, and early bird ticket price is open now!**



NORA ST. JOHN
CREATOR OF
BALANCED BODY
EDUCATION



Teaching Pilates since 1988, Nora creates teacher training courses in Pilates, Anatomy in Three Dimensions and other modalities for Balanced Body Education. She holds degrees in Biology, Dance and Traditional Chinese Medicine and is the author of 16 teacher training manuals and several magazine articles. Nora has studied Dance, Chinese Medicine, manual therapy, The Franklin Method, Anatomy in Clay and personal training to enhance her understanding of the body in motion. She is currently focused on creating educational experiences that are innovative, enlightening and effective.