

“THE POWER OF TOUCH” Workshop is coming to SA!

CONTINUING EDUCATION

ADELAIDE: Saturday **25 Feb** 2017 – 1pm - 5pm

VENUE: Pilates Studio Blackwood - 4/26 Coromandel Parade, Blackwood, Adelaide

PHONE: (08) 7225 8901

OLGA TAMARA

Principal Teacher Trainer APEA
PAA member Level Principal Trainer
02 98187611



Join Olga at the “POWER OF TOUCH” workshop as she guides you through tactile cueing and hands on teaching techniques.

The art of teaching Pilates is to connect with clients in ways that are meaningful to them. Pilates teachers need multi-layered ways of communicating with clients in a group or private setting. There is an emerging trend with Pilates teachers to keep their distance from their clients and some students are encouraged not to touch during their learning. Unless you've felt a physical assist on certain exercises, it's quite difficult to get the feeling of the movement as it was intended.

Touch is a very powerful thing. There is nothing worse than a touch without a “purpose”. Have a purpose, and *assist* with the exercise as you mould the body into proper positioning.

During this 4 hours workshop you will explore cueing through touch and directional energy and flow.

PART 1: We will take a look at the Pilates exercises and practice touch - "hands on"; how energy is transferred when touching someone. We will discuss different types of touch what they mean and how to use it to its full benefit.

PART 2: We will explore directional energy flow. Then we put it all together and discover how when utilizing the “Power of Touch” coupled with energy flow, will help deepen your skills as a teacher.

Pre-requisite: Open to instructors - Intermediate/Advanced level.

NB: Places limited. Register by 10 February 2017.



THE POWER OF TOUCH WORKSHOP
PRESENTED BY OLGA TAMARA

REGISTRATION DETAILS:

Name (First, _____

Home # _____ Mobile # _____

Email; _____

✓ box bellow;

Date: Saturday 25th February 2017 – 1pm - 5pm

Venue: Pilates Studio Blackwood - 4/26 Coromandel Parade, Adelaide

TOTAL \$ 175 _____

C/C Payment Details

Please circle one Visa MasterCard Bankcard

Card No: _____ Expiry: __ / __ Code: _____

Amount: \$ _____ Name on Card _____

Card Holders Signature: _____ Date _____

Direct deposit payments details:

Bank: ANZ **branch:** Balmain **Account name:** Authentic Pilates

BSB: 012227 **Account:** 479374556

- Please note, workshop fees are non refundable unless there are special circumstance

Please scan your booking form and email to: learn.more@authenticpilates.com.au

Authentic Pilates Education Australia 73 Justin Street - Lilyfield NSW 2040

Phone: 02 98187611 –Web: <http://www.authenticpilatesteachertraining.com.au>

ABOUT - Olga Tamara

Director - Authentic Pilates Education Pty Ltd.
Principal Teacher Trainer – Authentic Pilates Education Australia
Certified - New York Pilates and Romana's Pilates
Diploma – Professional Pilates Instruction 91491NSW
Cert 1V - TAE40110 / TAA40104
APEA - Principal Teacher Trainer / Educator
PAA - Level: Principal Trainer

Olga has been working in the health and body movement industry on and off for the past 40 years. She was a professional classical dancer with the Australian Ballet Company from 1971 to 1976, then certified as a personal trainer / fitness instructor in 1980. In 1986 she opened "Designing Moves" teaching body conditioning classes and managed the corporate gymnasium at Carlton United. She also taught movement classes to aspiring young actors as well as freelancing as dance coach at McDonald School of Performing Arts.

Olga trained in a number of Pilates studios over the years however it was when she experienced classical Pilates that she really found the true essence of the Authentic Pilates Method. Olga studied the method and became a full comprehensive certified instructor of "The New York Pilates Method" and "Romana's Pilates".

Olga is principal trainer and founder of "Authentic Pilates Education Australia" teacher training programme in the classical Pilates method now licenced in NZ and the UK and also manages her studio in Lilyfield NSW (Authentic Pilates Studio) .

BACKGROUND:

Olga spent her early years travelling the world as a classical dancer with The Australian Ballet Company. She danced on stage with greats such as Margot Fonteyn and Rudolf Nureyev and danced in the Australian Ballet's film production of "Don Quixote".

She resigned from the Australian Ballet Company in 1976 to pursue an acting career performing on stage, film and many television series including Cop Shop, Holliday Island and Chopper Squad to name a few. Olga's first acting role in the ABC series "Glenview High" won her and ABC TV "Penguin Award" for the Best New Talent 1978.

Olga joined the Australian Ballet Company as guest artist in the 2006 Sydney season of Giselle. Her performance as "Bertha" marked Olga's first appearance with the company in 30 years. Olga continues to perform as guest artist with the Australian Ballet Company: Steven Bayne's production of "Raymonda" 2007 Madam X – "Manon" 2009 Graham Murphy's "Nutcracker" (The story of Clara) 2010. Nurse - "Onegin" 2012 Nurse – Steven Bayne's production of "Swan Lake" 2013 Anna – "La Sylphides" 2013 Madam X "Manon" 2014 Bertha – "Giselle" 2015