

What better way to start the new year than with a Garuda course?

Taught by creator James D'Silva, one of the world's leading Pilates Teacher Trainers.



Garuda draws its influence from Yoga, Pilates, Tai Chi and Dance, amalgamating different types of movement into a vast yet cohesive repertoire, complete with a unified philosophy and defined set of principles. Holistic, organic, dynamic - Garuda is the hybrid that is revolutionizing our approach to fitness. For further information visit thegaruda.net.

Throughout January Garuda creator James D'Silva and Australia's only senior trainer Campbell McKenzie (pilatestudio165.com) will be teaching Garuda's unique philosophy, style, and movement repertoire.

The following courses are available to choose from:

Garuda Pre-Training

Melbourne: Jan 5 & 6

Introduction and overview of terminology and principles, recommended to help maximize Teacher Training Courses.

Matwork: 9am – 1pm
Apparatus: 2.30pm – 5.30pm

Cost: \$400
Combined price of \$700 if doing both courses

Garuda Matwork Foundation Course

Sydney: Jan 7 – 9

This course focuses on core strength & joint mobility to prepare participants for the Garuda Matwork Level 1 Teacher Training (Seated & Standing) Syllabus. It is a controlled whole body workout, which highlights level variations and injury specific adjustments for the Garuda MatworkSeries.

Cost: \$750

Garuda Matwork Level 1 Teacher Training

For Pilates Professionals

Melbourne: Jan 10 – 15
Sydney: Jan 7 – 9 & 20 – 22
(2 x 3 days)

This combines the standing and seated syllabuses in one intensive programme, focusing on strength, stability, balance and joint mobility. The Seated MatworkSeries focuses on core strength and stability and joint mobility, whilst the Standing Series is a strong whole-body workout emphasising strength, flexibility and balance in perfect harmony.

youtu.be/Y9_MLrP5lfs

All participants will receive a teaching manual and a Garuda Matwork Level 1 Certificate.

This course is recognised by the APMA and completion allows 18 APMA CEC's.

Cost: \$1200
Combined price of \$2000 if doing Apparatus and Matwork.

Garuda Apparatus Level 1 Teacher Training

For Pilates Professionals

Melbourne: Jan 10 – 15

A complete movement repertoire, including the very latest material developed for the revolutionary Garuda apparatus. The Garuda Apparatus is unique in its versatility, flexibility and precision of movement. The Level I syllabus provides a new and improved way to isolate muscle groups and break down motions into targeted moves. It features six days of Garuda training and practical teaching experience.

All participants will receive a teaching manual and a Garuda Apparatus Level 1 Certificate.

This course is recognised by the APMA and completion allows 18 APMA CEC's.

Cost: \$1200, Combined price of \$2000 if doing Apparatus and Matwork.

Garuda Review for Past Students

Melbourne: Jan 17 – 18

Refresh your memory and reinvigorate your teaching with a 2 day course.

Matwork: 9am – 12pm
Apparatus: 2.30pm – 5.30pm

Cost: \$450
Combined price of \$700 if doing Apparatus and Matwork.

Private Classes

James will also be available for Private Classes.

Cost: \$200

Who is eligible?

Any qualified Pilates/ Gyrotonic/Yoga/Personal Training Instructor.

How do I register?

Visit pilatestudio165.com or call 0408 595 792.

How do I book and pay my deposit?

Visit thegaruda.net to pay James D Silva direct by paypal or international transfer.

Places are limited, so be quick to book! Pay in full by November 20 to receive a 10% discount.



GARUDA

The intelligent way to exercise

For further information call

0408 595 792 or visit

thegaruda.net pilatestudio165.com