

## CALENDAR OF EVENTS

### COURSES 2011

#### SEPTEMBER 2011

##### Intensive Chair (ICHR) Level 1

Victoria  
Sept 9-11th

##### Intensive Matwork (IMP) Level 1

Victoria  
Sept 15th-18th / Sept 29th-Oct 2nd

##### Intensive Cadillac (ICAD) Level 1

Vancouver  
Sept 28th - Oct 2nd

##### Injury and Special Populations (ISP)

Salmon Arm  
Sept 29th - Oct 2nd

#### OCTOBER 2011

##### Advanced Matwork (AM)

Vancouver  
Oct 15th

##### Intensive Chair (ICHR)

Vancouver  
Oct 21-23rd

##### Spinal, Pelvic & Scapular Stabilization (RMR1)

Rehabilitation Program  
Victoria  
Oct 20th to 23rd

##### Shuswap Core Pilates

Salmon Arm, BC

##### ISP Course

Sept 29th to Oct 2nd

Please visit our website for the application form

[West Coast Pilates Courses page](http://www.westcoastpilatesinc.com)

##### Crossover from Intensive Reformer Training (IR) to Group Training (XRG)

Get all your CEC's for the year with this one day course!  
(0.6 CEC's)

November 4th in Vancouver BC  
(Pre-Req. Intensive Reformer (IR))

#### NOVEMBER 2011

##### Crossover from Intensive Reformer Training (IR) to Group Training (XRG)

Vancouver  
November 4th

##### Intensive Barrels Level 1 (IBRL)

Vancouver  
Nov 5th - 6th

##### Intensive Matwork (IMP) Level 1

Vancouver  
Nov 17th-20th / Nov 24th-27th

##### Advanced Reformer Level 2 (AR)

Victoria  
Nov 18th - 20th

#### DECEMBER 2011

##### Advanced Cadillac Level 2 (ACAD)

Vancouver  
Dec 10th

##### Advanced Chair Level 2 (ACHR)

Vancouver  
Dec 11th

##### Advanced Barrels Level 2 (ABRL)

Vancouver  
Dec 11th

##### Injury and Special Populations (ISP)

Victoria  
Dec 1-2nd / 8th - 9th

Please visit our Website for Application forms  
COURSES: [WCP Courses page](http://www.westcoastpilatesinc.com)



### STOTT PILATES® Rehabilitation Program-RMR1 Spinal, Pelvic & Scapular Stabilization

Victoria, BC - Headquarters  
October 20th to 23rd

Instructor: Melanie Byford-Young

This course introduces you to the biomechanical principles of STOTT PILATES and their application to modified Matwork, small equipment and Rehab Reformer exercises. Emphasis is on the lumbo-pelvic and shoulder girdle stabilization and the role they play in rehabilitation and injury prevention. Over 90 exercises plus multiple modifications.

For the application form please visit  
[West Coast Pilates and Health Inc.](http://www.westcoastpilatesinc.com)

[Courses](#)

Or email us at

education@westcoastpilatesinc.com

## CALENDAR OF EVENTS

### WORKSHOPS 2011

#### OCTOBER 2011

##### Vancouver

Sun Oct 16th

9-11am

Power Paced Fitness Circle

11:30-1:30pm

Arc Barrel

2-4pm

Prenatal Split-Pedal Stability Chair

#### DECEMBER 2011

##### Vancouver

Sat Dec 3rd

9-11am

The Shoulder Girdle: Stability and Function

11:30-1:30pm

Pilates on the Green Matwork for Golf: Level 2

2-4pm

Prenatal on the Reformer

Sunday Dec 4th

9-11am

Reformer for the Older Adult

11:30am - 1:30pm

Foam Roller Level 2

2pm - 4pm

Matwork Choices for Personal Trainers

Please visit our Website for

Application forms

CEC WORKSHOPS: [WCP Workshops page](http://www.westcoastpilatesinc.com)