



Perfect Form Physiotherapy **2010 Class Descriptions**

The two hour dance intensive courses for 2010 are as follows:

- **The Perfect Pointe Book A** – Learn everything you need to know before starting en pointe. This course follows the first 2 stages of The Perfect Pointe Book focusing on flexibility and strength of the feet and ankles. This includes massage technique and specialised exercises just for dancers. **(\$100 for 2 hour workshop – Including Manual)**

- **The Perfect Pointe Book B** – Stage 3 and 4 of the book involve looking at turnout and core strength that are essential before starting en pointe. Learn exactly where your turnout muscles are and how to strengthen them! **(\$60 for 2 hour workshop – No Manual Included)**

- **Training Turnout 1** – Discover the true secrets of maximizing turnout! Aimed at the younger student starting to learn about turnout and how to work correctly in class. Essential for any young student serious about their dancing. **(\$90 for 2 hour workshop – Including Manual)**

- **Training Turnout 2** – This class is for the older student who is ready to go beyond the basics and start developing greater control of their hips. Essential to learn how to execute higher extensions safely without developing clicky hips! **(\$90 for 2 hour workshop – Including Manual)**

- **Core Stability 1** – This class is for the younger student who is starting to increase the intensity of their training. True core control is essential to protect from injury and improve in all areas of technique. Learn how to use your true core in class! **(\$90 for a 2 hour workshop – Including Manual)**

- **Core Stability 2** – This class is for older students who need more than the basics. Students must have completed a core control workshop and have mastered the basics before attending this class. Learn how to use both your deep core muscles and the outer unit to accelerate your dancing! **(\$90 for a 2 hour workshop – Including Manual)**



- **Front Splits Fast** – This class works through the unique program that we have designed to get maximum flexibility in record time! Learn how to mobilize the ‘Fascial’ and ‘Neural’ systems that have been holding you back, and learn how to stretch without being sore the next day! This workshop will change your life! ***(\$100 for a 2.5 hour workshop – Including Manual)***

- **Advanced Foot Control** – This class is for older students or teachers wanting to master the art of ultimate foot control. Learn the anatomy of your feet and ankles in a fun way along with lots of strengthening exercises and massage techniques. ***(\$90 for a 2 hour workshop – Including Manual)***

Term Classes

- **Pre Pointe Preparation** – This is a great way for girls to prepare for their pre pointe assessment. They will learn ways to safely stretch their feet, strengthen the intrinsic foot muscles, isolate their turnout and improve core control. ***(\$300 for 10 x one hour workshops – Including Manual)***



- **Dance Conditioning 1** – An all over conditioning program including Pilates based exercises as well as integration into class work. Focuses on the correct stabilization of the core, turnout control and some foot work. ***(\$300 for 10 x one hour workshops – Including Manual)***

- **Dance Conditioning 2** – For older students with some experience in core training. Incorporates exercises to mobilize and stabilize the spine and pelvis to allow freedom of movement in dance. Focuses on maintaining deep stability while allowing expressive port de bras. ***(\$300 for 10 x one hour workshops – Including Manual)***

- **Training Turnout** – Discover the true secrets of maximizing turnout! Aimed at the older student wanting to develop their strength and ability to use their hips correctly in class. Essential for any full time student especially those with hips that click! ***(\$300 for 10 x one hour workshops – Including Manual)***

- **Yogic Limber For Dancers** – This is a great way to learn a different style of strengthening and stretching to help you in all aspects of your dancing! The 10 week program culminates in a beautiful fluid program that you can use as a fantastic warm up for all styles of dance. ***(\$20 drop in class – Bookings essential)***

Adult Classes

- **Pilates Fundamentals** – Ideal for those brand new to core training or with back or neck pain. Learn the true principles of postural control and core training and how it can enhance your life! ***(\$250 for 10 x 45min workshops – Including Manual)***
- **Functional Pilates** – For those with a background in Pilates or core training who want to develop their practice. Includes everything from isolation of specific core stability muscles to the use of your own natural muscular slings to transform your training! ***(\$300 for 10 x one hour workshops – Including Manual)***
- **Pre-Natal Pilates** – This unique 10 week course teaches you how to prepare your body for the demands of pregnancy, labour and the first few weeks with your bundle of joy. Learn how to avoid the common mistakes that women make and save yourself from unnecessary aches and pains! ***(\$300 for 10 x one hour workshops – Including Manual)***

If you are repeating a class and already have the workbook for the class you will receive a \$30.00 discount for your term fees.

Classes will be held in our studio in the heart of North Sydney at

Level 1/161 Walker St.

Bookings are essential to guarantee your place in these limited classes!

Perfect Form Physiotherapy,

Call us on (02) 9922 7721 today.