



Serafino Ambrosio Workshops
Iso Fit, Hong Kong – Sat, 2 May 2015

Neurology and Pilates: a functional approach to Neuroscience and Pilates.(2hrs)

Time: 11am-1pm

Location: Iso Fit

Polestar CECs: 2

Suited for: Pilates Enthusiasts, Studio Clients, Polestar Students and Grads

Neuroscience has taken big steps forward in the movement world. Do you know the new research? This workshop will give you many ideas on how to you your mind and body in ways to improve your teaching, to bring it to the 'next' level. Practical ideas will be discussed so you go away already knowing how to put it effectively into practice. Very interesting and different Pilates workshop...

Roller and Ring Creative Moves Workout (2 hrs)

Time: 2pm-4pm

Location: Iso Fit

Polestar CECs: 2

Suited for: Pilates Enthusiasts, Studio Clients, Polestar Students and Grads

Bored of your usual Pilates exercises? Do you need different exercises for your next Pilates class or private session? This very creative workshop will teach not only interesting ways to use the Pilates Ring and Roller in your next class, in all body positions, but will also give you the tools to mix and match various movements with others to finish with a flowing and effective workout.

Elastic Pilates Madness: More Moves n Grooves (2hrs)

Time: 4.30pm-6.30pm

Location: Iso Fit

Hours: 2

Suited for: Pilates Enthusiasts, Studio Clients, Polestar Students and Grads





Do you forget to use Dynabands (Resistance Bands/Therabands) in your Pilates routine but have them in the closet? Resistance bands are fantastic to assist and resist most of your Pilates exercises. So let's learn how to use them not only properly, but effectively with the maximum amount of creativity. You will take home many special and interesting variations that will keep your clients/patients asking for more!

