



Trent McEntire

Mat Masterclass with Resistance Bands

Intermediate/Advanced

LONDON:

Friday 3 February 2012, 5:30pm – 7:30pm

Cost: £40. Capacity: 20 Participants

Venue: Moss Pilates, 10 London Fruit Exchange, 56 Brushfield Street London E1 6HB



Trent McEntire is an international Pilates educator with over 12 years of teaching and lecturing in universities, Pilates studios, physical therapy clinics, spas and athletic clubs. McEntire Pilates is a method developed out of discoveries that Trent made while rehabilitating his own severe movement limitations due to Cerebral Palsy. In an effort to overcome extreme and painful restrictions in his joints, he embarked on a personal exploration through the use of resistance bands. The resulting innovative use of resistance bands to cope with a range of movement dysfunctions is central to his PRIME Post Rehabilitation Course. He has spent over 25,000 hours with clients developing an approach to Pilates designed to help people overcome their specific movement limitations. He has created a professional instructor training curriculum that offers a step-by-step approach to learning how to teach McEntire Pilates. Trent also presents workshops throughout the US for the industry's leading associations and conferences.

Trent currently serves as the President of the Board of Directors for the Pilates Method Alliance®, www.pilatesmethodalliance.org, the industry's only non-profit professional association and third party credentialing body. He was honored to be the first Master Teacher in the U.S. for ActivCore (originating in Norway 1991). He holds a Bachelors of Fine Arts in Dance from Western Michigan University, where he was named the Presidential Scholar in Dance and earned the Irving S. Gilmore Emerging Artist Grant. His clients include elite athletes, dancers and those that have had their lives restricted by injuries, movement limitations and postural misalignments.

To book, go to www.pilatesumbrella.co.uk/workshops.html. Register and pay with PayPal!

NOTE: Your place is only confirmed when we receive your payment; we cannot hold unpaid places.