

# Matwork Masterclasses

2017



## Maggie Macgill

- Master's Program, The Pilates Center (Colorado) - 2007
- Bachelor of Social Science
- Certificate IV in Training & Assessment (TAE40110)
- Principal instructor, Aligned for Life Pilates CBD
- Holistic Running Coach, Holistic Performance Training

Maggie is a dedicated Pilates teacher with 16 years of international teaching experience. Her clients have included sufferers of acute and chronic pain, through to professional sportspeople, Paralympians and Olympic gold medallists.

After 16 years of teaching and physical practice, Maggie has formed a clear understanding of Pilates as a highly potent life-giving practice that can support every aspect of human health.

Presented by

## Maggie Macgill

### 1. GRAVITY MAT – GIVE UP THE FIGHT

Make gravity your most valuable ally – both in Pilates and in life. In this Matwork masterclass, we use gravity to strengthen, mobilise, challenge and support. Learn how to utilise this force for a powerful Matwork experience that you can take into your life.

### 2. LET YOUR IMAGINATION RUN WILD

In this class, we connect to the multidimensional nature of 'imagery' to create a fun, playful and effective mat workout. Delve into the rich resource of your own imagination and feel inspired to use imagery in your teaching practice.

## Matwork Masterclasses with Maggie Macgill

Aligned for Life studios, L 4, 370 Lt Bourke Street, Melbourne

<b>Gravity Mat – Give Up the Fight</b>	Friday 17 March 2017	2:00 pm – 4:00 pm
<b>Let Your Imagination Run Wild</b>	Saturday 1 April 2017	2:00 pm – 4:00 pm

### Cost

\$45.00 per Matwork masterclass

### How to register?

Book now via the Aligned for Life [website link](#)

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pilates  
training