

# Finding Balance with Maggie Macgill



## 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

This workshop series is for Pilates instructors who seek to develop their personal and professional potential. Each workshop provides you with the opportunity to explore the Pilates Method from new and interesting angles so that you can remain immersed in the power of the Pilates Method and continue to instruct it with your utmost creativity and passion.

- Use basic through to advanced Pilates repertoire to practice sensing, initiating and supporting movement from less familiar tissues and spaces
- Explore ways of moving and thinking about movement that engage with the intelligence of your organ, fluid, sensorial, vestibular and nervous systems
- Experience a wide range of movement qualities
- Enliven dormant tissue
- Practice hands-on techniques
- Learn refreshingly different teaching strategies that aid powerful, flowing movement in your body and those of your clients
- Enjoy the simplicity of these teaching strategies and have fun integrating them into your existing practice

The series is designed to be experienced in sequential order. However, each workshop is complete in its own right.

### Finding Balance with Maggie Macgill

July – Nov 2017 (see overleaf for full details)

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

**Materials...** will be supplied by National Pilates Training

**Assessment will include...** Short practical assessment and a pop quiz

### Continuing Education Points

PAA PDPs = TBC

APMA CECs = TBC

### Cost

\$195.00 per session or \$750.00 for four-part series

### How to register?

Click the [link](#) to register via MindBody Online, or contact our Course Administrator on [npt@alignedforlife.com.au](mailto:npt@alignedforlife.com.au)

## WORKSHOP DESCRIPTIONS

### Workshop 1 - Palm as Portal

The receptivity of our palms allows us to give and receive support in even the most challenging situations. In this workshop, we explore the power of touch to facilitate freedom of movement, lightness of upper body and a deep sense of support throughout the Pilates repertoire and in the transitions between exercises.

### Workshop 2 - Lungs of Life

In this workshop, we use hands-on techniques to connect to the organs of respiration. We then take this deep connection into an exploration of how Joseph's equipment and choreography acts as our 'second pair of lungs'. Enjoy the lightness, freedom and support of a full-bodied breath.

I love that Pilates is a never-ending journey of self-discovery. Every workout is an adventure, where I make new neurological connections to become more present, sensorial and alert.

Pilates allows the best in me to come forth, and gives me what I need to live the life I love.

*Maggie Macgill*

### Workshop 3 - Finding the Freedom to Flow

One of the great geniuses of Joseph's system is the way that it uses spring energy to plug us straight into our natural state of flow. Through a process of sensing, surrendering and aligning feel deeply-supported by the spring and be guided into your natural state of flow.

### Workshop 4 - Finding your Feet

So often in Pilates – and in life – we step into unknown terrain, which requires great receptivity and sensitivity to the forces around us. In this workshop, we explore ways to enhance trust and support in our feet right from our very first Pilates steps. Experience a joyful journey through the Pilates Method to arrive at the advanced work with your confidence high and your feet firmly underneath you.

Each workshop emphasises experiential learning, which places your own physical experience as the primary learning tool. We are a living workshop – the goal is to feel profound support, an expanded range of motion, elevated confidence and a state of grace deep within your own body first. From this biointelligent place you will have what it takes to continue, develop and share the results of your learning.

## WORKSHOP DATES

### 1. Palm as Portal

Friday 7 July 2:00 pm – 5:30 pm

### 2. Lungs of Life

Sunday 27 August 9:00 am – 12:30 pm

### 3. Finding the Freedom to Flow

Friday 20 October 2:00 pm – 5:30 pm

### 4. Finding your Feet

Saturday 25 November 2:00 pm – 5:30 pm

## COSTS

Complete workshops separately at a cost of **\$195.00 each**, or enrol in all four workshops for discounted rate of **\$750.00**.

Please contact Katrina Edwards on [katrina@alignedforlife.com.au](mailto:katrina@alignedforlife.com.au) if you would like to receive the discounted rate for all four, otherwise click on the [link](#) to access individual workshop enrolments.

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