



Registration Form

Singapore Polestar Pilates Conference

Focus Pilates Singapore 15-19 July 2009

Please complete, sign and fax or scan and email to Focus Pilates.
For more info please visit www.focuspilates.com.sg

Mr[]/Ms[]
 (First/Family): _____ / _____

Contact Tel: _____ Email: _____

Address: _____

Pilates Qualifications & teaching experience : _____

Pilates practice experience for non- instructors): _____

Main Conference 18-19th July

Sign up for both days and receive a free goodie bag! First 30 people to register for the full 2 day conference get a free 55cm fitball!!

Attendance Options Please tick [v] and circle relevant price.	Normal Price (SG\$)	Polestar Students/Focus Pilates (SG\$)	Polestar Grads (SG\$)	Polestar CECs
<input type="checkbox"/> Early Bird Discount (additional 5% off) if paid before 8/5/09 Full schedule only. <input type="checkbox"/> Full schedule approx.15 hrs Inclusive of 4 tea-breaks & Sat reception at SAM	\$580	\$551	\$493	15
<input type="checkbox"/> Single Day (pls circle) Sat or Sun Inclusive of 2 tea-breaks & Sat reception at SAM	\$377	\$358	\$320	7.5
<input type="checkbox"/> ½ Day (pls circle) Sat or Sun AM or PM Inclusive of 1 tea break	\$245	\$233	\$208	3.75
<input type="checkbox"/> Reception Sat 18th 6.15-8.00pm (free for Full Schedule and Single Day participants.)	S\$20	S\$20	S\$20	-

(See below for Schedule)

Pre-Conference Master Classes Wed-Fri 15th-17th July
by Dav Cohen
Venue: Focus Pilates

Please tick [v] Each session 1.5 Polestar CEC's

Wednesday 15 th July			
<input type="checkbox"/> Allegro Symmetry and Balance	8.30-10.00am	90min	S\$70
<input type="checkbox"/> Allegro for Sports Conditioning	10.30-12.00pm	90min	S\$70
<input type="checkbox"/> Pilates Back to Basics	12.30-2.00pm	90min	S\$65
Thursday 16 th July			
FULL! Allegro Symmetry and Balance	11.00-12.30pm	90min	S\$70
FULL! Allegro for Sports Conditioning	1.00-2.30pm	90min	S\$70
<input type="checkbox"/> Pilates Arc workshop	4.00-5.30pm	90min	S\$65
<input type="checkbox"/> The importance of inner unit and "core stability" for back rehabilitation (Recommended for Health care practitioners such as GP's, surgeons, physiotherapists, osteopaths etc.	6.30-8.00pm	90min	S\$45
Friday 17 th July			
FULL! Allegro Symmetry and Balance	10.30-12.00pm	90min	S\$70
FULL! Allegro for Sports Conditioning	12.30-2.00pm	90min	S\$70
FULL! Small Props class (Matwork)	3.30-5.00pm	90min	S\$60
FULL! The importance of inner unit and "core stability" for back rehabilitation (Recommended for Health care practitioners such as GP's, surgeons, physiotherapists, osteopaths etc.	6.30-8.00pm	90min	S\$45

Total for Payment: S\$ _____

I will pay by Cash Credit card Cheque number: _____ Bank/TT transfer.
Please make all payments to: **Focus Pilates Pte. Ltd.**

Payment Instructions

Conference payments can be made by cash, cheque or credit card (Visa, Mastercard, Amex) in person at Focus Pilates studio or make a transfer to UOB account under name Focus Pilates Pte Ltd. We regret that our bank for security reasons does not allow payment by credit card via fax.

Bank Name: United Overseas Bank Limited Singapore
Bank Address: 80 Raffles Place, UOB Plaza 1, Singapore 048624
Swift code: UOVBSGSG Bank Code: 7375 Bank Code: 001
Account no:3503689756.

(Note: Please send an email to info@focuspilates.com.sg when transferring).

Please note that registration can only be confirmed after receipt of full payment

Main Conference Schedule

Please complete, sign and fax or scan and email to Focus Pilates.

- Please indicate your preference of schedules (A,B,C or D) and we will try to accommodate your preferences.
- Places will be allocated on a first come first served basis.
- Classes with less than 10 applicants may be cancelled.
- Workshops will be held at the Singapore Art Museum and Focus Pilates (details of individual session venues will be released upon registration confirmation).

18th July 2009 Saturday				
	A	B	C	D
8.15-8.45	Registration	Registration	Registration	Registration
8.45-9.45	Pre-Pilates master class (DL)	Baby arc master class (DC)	How's your teaser? (DW)	How's your teaser? (DW)
9.45-10.00	Tea Break			
10.00-1.00	Carola's Reformer Progression (DL)	Teaching Skills (DC)	Teaching Skills (DC)	Effects of age & stress on Human Movement (DW)
1.00-2.15	Lunch			
2.15-4.15	Exploring Pilates Natural Movt (DL)	Exploring Pilates Natural Movt (DL)	Men on Mats (DW)	Studio exercises for disc injuries(DC)
4.15-4.30	Tea Break			
4.30-6.00	Int/Adv Mat flow (DW)	Int/Adv Mat flow (DW)	Pilates for Sports Conditioning (DD)	Beyond core control (DC)
6.00-8.00	Reception at Singapore Arts Museum			
19th July 2009 Sunday				
	A	B	C	D
8.15-8.45	Registration	Registration	Registration	Registration
8.45-9.45	How's your teaser? (DW)	How's your teaser? (DW)	Pre-Pilates master class (DL)	Baby arc master class (DC)
9.45-10.00	Tea Break			
10.00-1.00	Teaching Skills (DC)	Effects of age & stress on Human Movement (DW)	Carola's Reformer Progressions (DL)	Teaching Skills (DC)
1.00-2.15	Lunch			
2.15-4.15	Men on Mats (DW)	Studio exercises for disc injuries(DC)	Exploring Pilates Natural Movt (DL)	Exploring Pilates Natural Movt (DL)
4.15-4.30	Tea Break			
4.30-6.00	Pilates for Sports Conditioning (DD)	Beyond core control (DC)	Int/Adv Mat flow (DW)	Int/Adv Mat flow (DW)
Your Preference: (A.B.C or D)	1ST	2nd	3rd	

Dawna Wayburne (DW) Dav Cohen (DC) Deborah Lessen (DL) Daniel Dittmar (DD)

Cancellation

Please note the following cancellation fees apply:

If received:	Cancellation Fee:
After 15/05/09	15% of fee
After 15/06/09	50% of fee

Class Schedules

Please note that once you register there is no guarantee that there will be availability in specific classes. Classes are filled on a 'first come, first serve' basis.

Cancelled Class Policy

Occasionally there is a situation where a class must be moved to a different time, amended or cancelled altogether. We will do our best to ensure that your preferences are met however we reserve the right to change the classes if absolutely necessary.

I agree that I have been informed that the **Polestar Pilates Conference** involves possible risks and all exercises shall be undertaken at my sole risk. Save for active or passive negligence, neither Polestar Pilates Asia Inc, Focus Pilates, the presenters or the officers, directors, employees or agents of any of these, nor the equipment manufacturers, shall be liable to me or any other person. This includes any claims, demands, injuries, damages, actions or causes of action whatsoever to my person or property arising out of or connected with the said Conference.

Acknowledged and agreed:

Participant's Signature : _____ **Name:** _____

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