

POLESTAR PILATES EDUCATION

DVD ORDER FORM



POLESTAR PILATES™
NEW ZEALAND

Name	_____
Address	_____ _____ _____
Phone (H)	_____
(W)	_____
(M)	_____
Email	_____

Please return signed form to:

Polestar Pilates NZ Ltd
P.O. Box 47503, Ponsonby
AUCKLAND
Tel (09) 303 2211
Fax (09) 376 6270

Email info@polestarpilates.co.nz
Web www.polestarpilates.co.nz

Polestar Pilates Educational DVD Series

The Polestar Pilates NEW Comprehensive Educational DVD series for Rehab, Studio, Reformer and Mat are a DVD series to compliment the Studio/Rehab, Reformer and Mat curriculum.

Polestar brings NEW depth to the Pilates Body of Knowledge and Skills through this Video Library for Pilates Mat, Studio and Rehabilitation practitioners. These DVD sets are a great tool to help you study for Polestar check-offs and exams and may serve as a resource throughout your career as a Pilates practitioner!

- Video reference for Pilates Mat, Reformer, Studio and Rehabilitation series
- More than 300 traditional and evolved exercises
- Featuring Brent Anderson and Polestar Educators Dav Cohen, Sherri Betz, Shelly Power & Gerard Hinderlich

I would like to order the following (please tick and add quantity):

<input type="checkbox"/> Studio/Rehab 6-set DVD series	<input type="checkbox"/> \$300 for Polestar Students /Graduates	<input type="checkbox"/> \$355 General Retail	Qty: _____ x
<input type="checkbox"/> Reformer 3-set DVD series	<input type="checkbox"/> \$160 for Polestar Students /Graduates	<input type="checkbox"/> \$235 General Retail	Qty: _____ x
<input type="checkbox"/> Mat 2-set DVD series	<input type="checkbox"/> \$115 for Polestar Students /Graduates	<input type="checkbox"/> \$175 General Retail	Qty: _____ x
<input type="checkbox"/> Combo of Studio/Rehab & Ref	<input type="checkbox"/> \$415 for Polestar Students /Graduates	<input type="checkbox"/> \$530 General Retail	Qty: _____ x
<input type="checkbox"/> Combo of Studio/Rehab & Mat	<input type="checkbox"/> \$375 for Polestar Students /Graduates	<input type="checkbox"/> \$475 General Retail	Qty: _____ x
<input type="checkbox"/> Combo of ALL three	<input type="checkbox"/> \$490 for Polestar Students /Graduates	<input type="checkbox"/> \$650 General Retail	Qty: _____ x

Signature of applicant: _____ **Date:** _____

Payment options:

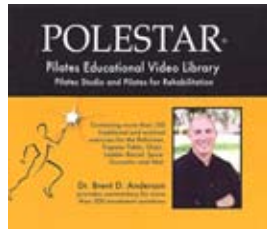
Payment can be made via credit card, cheque made out to Polestar Pilates NZ, or direct debit into account 03 0104 0440078 00 for the credit of Polestar Pilates NZ.

Please charge my: VISA MASTERCARD Card no. _____
Amount to be charged: \$ _____ Expiry date ____ / ____

Signature of cardholder: _____

Please note:

- All fees are in NZ dollars and include GST - prices are subject to change without notice.
- Shipping fee within NZ is NOT included - please add \$8 if you need us to post the set to you.
- Receipts will be provided via email after payment is received.
- A \$50 fee will be charged for any bad cheque passed or declined credit card debit due to insufficient funds.



WHY POLESTAR PILATES ?



POLESTAR PILATES™
NEW ZEALAND

REPS CERTIFIED

Polestar Pilates NZ is registered with REPS, the NZ Register of Exercise Professionals for the Studio, Mat and Allegro Series. By completing any of these series you receive 50 REPs Continuing Education Credits (CECs), **as well as an additional 15% discount!**

PRIVATE IN-HOUSE TRAINING ALSO AVAILABLE

Contact us if you want to organise a private, in-house course in your location or studio. Special pricing applies.

SCIENTIFIC VERSUS ANECDOTAL

The Polestar Pilates curriculum, designed by Physiotherapist and Orthopaedic Certified Specialist Brent Anderson, is based on a scientific foundation, as opposed to an anecdotal one. Drawing on his extensive background in rehabilitation and movement science, Brent Anderson has expanded on Pilates' principles by adding manual skills, advanced body awareness, and principles from motor control theory. The Polestar Pilates method draws on the sciences of anatomy, physiology, biomechanics and motor control, and integrates scientific research findings in the areas of orthopaedics, sports medicine and movement science.

INTERACTIVE VERSUS AUTHORITATIVE

Polestar's teaching method is interactive, as opposed to authoritative. The educational approach incorporates discussion facilitation, labs (doing, observing, teaching), problem solving (utilizing case studies and deductive reasoning), teaching practicals (group dynamics and individuals), analysis skills, and the principles of neuro-linguistic programming (modeling, sequencing and structuring information, and maintaining appropriate learning states). The Polestar Pilates method recognizes the whole person - physically, psychologically, emotionally and spiritually.

DEDUCTIVE VERSUS PRESCRIPTIVE

Polestar Pilates Rehabilitation Series instructs students in the use of a Nagi-evolved classification system of disability. The Nagi model includes four classifications that aid in determining the severity of disability, and identifies the best path of care. The classifications include pathology, impairment, functional limitation, and disability. The use of this model improves the holistic implementation of Pilates to meet the individual needs of patients in an evidence based structure.

COMPETENCY VERSUS TIME & MONEY

Certification by Polestar Pilates is competency-based, as opposed to time and money based. Polestar accepts that some students achieve competency faster than others, and does not require that students practice with Polestar practitioners exclusively. The certification examination comprises multiple choice questions, case studies and practical demonstrations.

FLEXIBLE VERSUS FIXED

Polestar's curriculum is flexible, as opposed to fixed. Each series (Mat, Studio, Allegro and Rehabilitation) comprises four modules that can be undertaken as the student's timetable and location permits.

PRINCIPLES VERSUS REPERTOIRE

The Polestar curriculum is based on Pilates principles - not exercise repertoire alone. This enables Polestar practitioners to create exercise programs to address the needs of special populations (golfers, tennis players, dancers, etc.).

INTEGRATED VERSUS ISOLATED

Polestar's Studio and Rehabilitation curriculum is taught within the total Pilates environment (incorporating the Reformer, Trapeze Table, Combo Chair, Ladder Barrel, Mat and small apparatus), as opposed to offering courses teaching students to use each piece of equipment in isolation. Students therefore develop an integrated and flexible approach to exercise prescription within the total environment.



INTERNATIONAL VERSUS LOCAL

Polestar's curriculum is currently available in numerous countries in Europe, North and South America and Asia-Pacific. As the Program is modular, the training program may be started in one location and completed in another if necessary. Polestar's international presence also gives students access to a worldwide community of Pilates colleagues, and means that Polestar Certification is known around the globe.

ANNUAL INTERNATIONAL CONFERENCE

Polestar holds an Annual International Conference. Pilates practitioners from around the world convene to participate in courses, workshops, master classes and a wide variety of movement classes taught by Polestar Pilates Educators and guest presenters. Topics have included Advanced Mat Work, Allegro, Classic Mat, Feldenkrais, Gyrotonesis, Nia, Tai Chi, Yoga and Yogilates.

SATISFACTION GUARANTEED POLICY

If you are not satisfied by the end of the first course day, we will refund your fee, no questions asked. All course materials will remain property of Polestar Education LLC (manuals, log books etc.) Participant must attend the first 8 hour day in its entirety to qualify for the Satisfaction Guaranteed Policy, and notify course instructor plus return all course materials that day.

[Check out www.polestarpilates.co.nz](http://www.polestarpilates.co.nz)

We are the only internationally recognized certification on offer in New Zealand. Polestar courses are also in alliance with the international Pilates Method Association

...IMPACTING THE WORLD THROUGH INTELLIGENT MOVEMENT
New Zealand USA Canada Brazil Asia UK Germany Austria Italy Spain Australia