

WHAT IS NEUROPILATES?

NeuroPilates is a teacher training programme that focuses on understanding the **neuroscience and neuroanatomy of Pilates and movement**. The courses integrate **neurological exercises** and principles with the **traditional Pilates repertoire** with the aim of improving overall brain health.

The aims and teachings of the method are to bring about a **more neurocentric approach** to anatomy during **Pilates** courses that is in line with the **remarkable advances in brain research**.

During the courses we go through the **neurology of movement, core control and posture** as well as the different **brain regions that control and govern coordination, stability, balance and breath**. Understanding brain makes you feel **incredibly empowered and enlightened**; you would leave the courses feeling like you can literally help anyone that walks through the door.



ABOUT HEBA

Heba is the **Co-founder of Bodyhack fitness education in Dubai** and the creator of the **NeuroPilates Teacher training program**.

She is also a **two-time former Olympic athlete** having competed as a **synchronised swimmer** at the **Sydney and Athens Olympic Games**, with an international career as a competitor spanning over sixteen years.

Heba went to the UK in 2004 to study Sports Science, did her Pilates comprehensive training, **Z-Health Master Training** and studied applied **functional neurology** with various other schools since.

She teaches **Pilates certifications, Anatomy and Physiology** and various educational workshops on the **Nervous System, Breathing, and Visual Training for Sports and Athletic Conditioning**.

She has a strong applied interest in the body's **nervous system** and **neuroscience** and how it can be used to **improve performance and help alleviate pain**.



NEUROPILATES DIPLOMA COURSE STRUCTURE

The Diploma consists of 3 units:

Unit 1 - Neuroanatomy Foundations for Pilates

This course is Unit 1 of our **NeuroPilates Diploma** but can also be done as a stand alone course with CPD points for certification. We go through **applied neuroanatomy** and the **principles of neuroscience** that relate to us as **movement professionals**. This course is delivered 'Live on Zoom' with recordings available.

Unit 2 - NeuroPilates classes

This next unit of the **NeuroPilates Diploma** teaches you how to integrate the **neurological exercises with the traditional Pilates repertoire** in a way that respects and honours the **classical work** with a **contemporary understanding of the body**. Delivered 'live on Zoom' with recordings available.

Unit 3: Neural Assessments and Programming

In this course we will be focusing on private sessions as opposed to group classes. You will learn how to take a **detailed history of your client**, conduct a series of **in-depth neurological assessments** including **dynamic posture, gait analysis, brain tests, movement screen** as well as **balance, vision and breathing tests**. You will also learn associated exercises and suggestions to be able to instantly make decisions based on **your clients' neurological response**. Delivered 'live on Zoom' with recordings available.

Cost per unit: USD 500

For more details contact us on:



Contact@bodyhack.co



+971562963541



Bodyhack.co



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