

# Pilates for Rowing Workshop



## The Australian Physiotherapy & Pilates Institute invites you to this half day workshop

Whether you're an Amateur, Olympian, Physiotherapist, Coach or Trainer, this workshop is for you! A growing number of athletes across the widest range of sports use Pilates for everything from injury prevention and recovery to building flexibility, suppleness, co-ordination and core strength. Top athletes who know first-hand the benefits of Pilates include Matthew Pinsent and James Cracknell, Tiger Woods, Venus Williams, the England cricket team and the Welsh Rugby Union squad. This workshop aims:

- To identify common injuries among Rowers
- To review the technical aspects of the rowing stroke which may contribute to these injuries
- To review common muscle imbalances that may contribute to these injuries
- To learn a series of specific exercises to address faulty technique and common muscle imbalances using Pilates based movements

**Presented by:** Ellis Taylor, Physiotherapist, Pilates Instructor and former lightweight rower turned surf rower.  
**Date:** Sunday September 24th 1.00 pm - 5.00pm  
**Where:** Pilates Art Physiotherapy & Pilates Centre.  
First floor, 2B Heath Hurst Rd. Hampstead NW3 2RX  
**Fee:** £60  
**Bookings:** 020 7372 3606

