PFilates Instructor Certification Course Registration

Pfilates was created to provide a widely accessible method of recovering or enhancing pelvic floor strength. Pelvic floor fitness is essential for normal bladder and sexual function. Common problems such as urinary incontinence, vaginal prolapse, and poor sexual satisfaction are all associated with pelvic floor muscle weakness.
The PFilates program was created by Urogynecologist Dr. Bruce Crawford to help women and men improve pelvic floor fitness. These basic mat movements have been selected based on video synchronized EMG recordings (VESy™) of the pelvic floor. The program includes three 10 minute routines available on a DVD that assist in progressive pelvic floor fitness training.

How were the exercises selected?

These movements were selected using VESy Technology. VESy stands for video-EMG synchronization. This tool is the most cutting edge method of fitness training for the pelvic floor. Here is how it works….

In 2008, Dr. Crawford studied 120 mat Pilates, Yoga, and personal training movements using VESy. From this pool of data 10 movements were selected that provide excellent passive engagement of the pelvic floor by using various co-contractors including the Transversus abdominis, lower extremity adductors, and Gluteals. By incorporation voluntary pelvic floor contractions into these movements we achieve much greater motor-unit recruitment per contraction than the "traditional Kegel". The Pfilates program exploits principals of plyometric training and overflow to achieve optimal pelvic floor performance for our clients.

Become a Certified Instructor!

We now have over 1000 Certified PFilates instructors internationally. Our goal is to continue to grow our network of Certified PFilates Instructors to help us spread the word that ***pelvic floor health and bladder control are fitness issues***. With your certification, you will be able to:

- Host workshops and provide one on one client training for pelvic floor
- Use online tools available through VESylab.com for movement analysis, generation of reports and assignments, upload videos to your clients own password protected pelvic floor learning center
- Purchase Pfilates Products at discounted pricing
- Stay connected with the most up to date research and information from Dr. Crawford and the VESyLab while connecting with other Certified PFilates instructors from around the world

www.pfilates.com
www.vesylab.com

Join our growing network and become a part of this important group of health and fitness professionals.

PFilates Instructor Certification Registration Form

Name:	
Address:	
City:	
State or Province:	
Country:	
Zip Code or Postal Code:	
Phone Number:	
Email Address:	
Business Name (if applicable):	

Credentials: (please indicate academic degrees and/ or certifications completed)

_____

I have been training clients for _____ years.
Course Date: April 18 – 19, 2015

City: Oakville, ON

Course Cost: $399 + HST ($450.87) includes PFilates Kit

Method of Payment

Two cheques ($225.44 each) made payable **ellephysio**

(50% of the payment is due upon registration. The balance of the payment is due the week prior to the course. Please provide two cheques with your registration form.)

***Cheques can be mailed to: Ellephysio* 232 South Service Rd E, Unit A Oakville, ON L6J 2X5**
For more information regarding this course, email Georgina at courses@ellephysio.com