

# 2019 CoreAlign® Training

Part Cardio. Part Mind-Body. Part Strength. *Totally Unique.*

CoreAlign® is unlike anything else you have tried. The fast paced exercises and flow will give you a cardio kick and challenge major muscle groups. The rhythmical, posture and balance enhancing exercises will remind you of the mind-body movements on the reformer. And the core exercises will test your strength in a totally unique way. Clients at all fitness levels feel the difference in posture and gait after one session. The CoreAlign® method stimulates core stability muscles to fire in perfect timing while performing challenging exercises, very deep stretches and core controlled aerobic training.

The method is used for musculo-skeletal rehabilitation, performance enhancement and as a regular sport for a healthy lifestyle. Medicinal Physiotherapy is thrilled to have brought in CoreAlign®, developed by Jonathan Hoffman, and is even more thrilled to be the Suisse training center for CoreAlign® moving forward.

For more information, [www.medicinalphysiotherapy.com](http://www.medicinalphysiotherapy.com)



**CoreAlign® Instructor Training** - Fun and functional training for life  
 The **CoreAlign®** system from **Balanced Body®** stimulates core stability muscles to fire in perfect timing while performing challenging exercises, stretches and core controlled aerobic training. Give your clients a unique exercise experience to improve gait, posture, balance and functional movement.

## CoreAlign® Training

Medicinal Physiotherapy offers **CoreAlign** training for individuals with a strong background in movement, such as accredited Pilates instructors, personal trainers, movement teachers and physical therapists. Developed by Jonathan Hoffman, a physical therapist, the method is used for musculo-skeletal rehabilitation, performance enhancement and as a regular sport for a healthy lifestyle.



### COREALIGN 1

**Credit:** 16 Hours  
**Date:** Nov. 22, 23, 2019  
**Time:** 9:00-18:00  
**Price:** SFr. 950 | Euro 799  
**Books:** SFr. 90 | Euro 80  
**DVD:** SFr. 40 | Euro 35



### COREALIGN 2

**Credit:** 16 Hours  
**Prerequisite:** CoreAlign  
**Date:** Dec. 13, 14, 2019  
**Time:** 9:00-18:00  
**Price:** SFr. 950 | Euro 799  
**Books:** SFr. 90 | Euro 80  
**DVD:** SFr. 40 | Euro 35

## CoreAlign® 1: Foundations (16 Hours)

The **CoreAlign** provides a superior environment for training gait, balance, core stability and sport specific movements in a flexible and dynamic environment. **CoreAlign 1: Foundations**, is the heart of the **CoreAlign** training program. The course includes the theoretical basis of the **CoreAlign** method along with essential exercises to illustrate the full potential of the **CoreAlign**.

### Program includes:

60+ foundation exercises designed to build functional movement skills applicable to daily life and athletic pursuits.  
 Exercises in standing, plank, all fours and supine positions.  
 Specific exercise Tracks to focus on Trunk Integration, Upper Body Strength and Balance, Lower Body Strength and Power, Gait and Dynamic Flexibility.  
 Progressions and regressions to address clients at different levels of ability.  
 Specific modifications and precautions for working with clients with injuries and special populations.  
 The *Balanced Body* Movement Principles to make your training more efficient, effective and safe. **CoreAlign** equipment set up, maintenance and safety.

## CoreAlign® 2: Progressions (16 Hours)

**CoreAlign 2: Progressions**, builds on the foundation of **CoreAlign 1** with progressions of the key exercises learned in **CoreAlign 1** and additional exercise categories, training options and teaching techniques.

### Program includes:

Progressions of plank and standing exercises to address a range of training goals from core stabilization to creating integrated rotation for throwing sports.  
 Training options using rotator discs, variable directions of resistance and moments of suspension.  
 Exercises to challenge balance, coordination and complex movement patterns to prepare clients for anything life throws their way.  
**CoreAlign 2** provides an excellent platform for improving functional movement patterns for clients at any level of ability from physical therapy patients to professional athletes.

