



In-House
**HOST
PACK**

Course Information & Requirements



Unite
Health

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Why APPI?



The APPI has enjoyed immense success with training Physiotherapists and allied health professionals in the APPI Rehabilitation Pilates technique around the globe. Our success relies on our research-based approach to Pilates training. As physiotherapists, we recognise the demand for more specific Pilates training which targets the higher theoretical and practical experience of qualified therapists.

The APPI method presents the most current research relevant to Pilates and teaches a realistic framework of exercises to apply in the clinical setting. The APPI has modified the original 34 Pilates matwork exercises to incorporate the recent research on lumbar instability, muscle imbalance and adverse neural tension. To ensure the continual development of our health care professionals, our techniques are based on scientific evidence.



Available COURSES

Click for Course Information:

[Matwork Level 1](#)

[Matwork Level 2](#)

[Matwork Level 3](#)

[Equipment Level 1](#)

[Equipment Level 2](#)

[Equipment Level 3](#)

[Equipment Level 4](#)

[Therapeutic Yoga Level 1](#)

[Therapeutic Yoga Level 2](#)

[Ante & Post Natal Pilates](#)



Benefits of HOSTING

- Convenient training delivered on site
- FREE course place for the host (15 paying attendees = 1 free place for the host course organiser)
- 15% off of our usual course fees for all attendees
- Weekday and weekend training available
- All staff trained in the same methodology
- Ensure consistency in the services you provide to your clients

CONVENIENCE
FLEXIBILITY
SAVINGS



Payment Terms

Option 1: We invoice you the total amount.

Option 2: Individual payments from staff
– discount code will be provided.

*Invoices and payments to be paid by the deadline given by Unite Health at time of booking



The Booking Process

1. Contact us at info@unitehealth.com.au
2. Advertise to your staff to ensure you have a minimum of 15 people interested
3. Contact us to confirm numbers, dates and presenter availability
4. Fill out the "host course booking form" and return to us via email
5. Complete the booking form and return to us via email
6. Receive pre-reading / preparations from us to circulate to course attendees
7. List of attendees to be provided to Unite Health 1 month before course start date (to include email address and phone number of each participant)
8. Course manuals will be sent to you 1 week ahead of the course



Discount Available

You will receive a 15% discount per person.

As the 'host' you are entitled to a free place on the course. (You have done all of the hard work to organise it and manage all of the logistics so you deserve it!)

You will receive your free space once you have reached the minimum of 15 paying participants.



Minimum numbers required

15 people

If you don't have 15 people you can open it up to practitioners outside your clinic as long as they hold one of the below qualifications:

Physiotherapist, Exercise Physiologist, Osteopath, Sports Therapist, Chiropractor, Rehabilitation Therapist, Doctor, Myotherapist and final year Physiotherapy student.

Venue Setup

- On the day / evening prior to the course clear the area
- Matwork - place mats out in a staggered format with one mat for the instructor at the front.
- Have the manuals ready for each participant (manuals will be provided by Unite Health)
- Assign an area for participants to sign in (sign in sheet will be provided by Unite Health)

Equipment Requirements

- Space to cater for a minimum of 15 people on mats
- Data projector
- 1 plinth
- 1 exercise mat for each participant
- Towel or head pad for each participant
- 1 chair for each participant
- 2 – 4 x Swiss balls
- 4 x lower limb strength Pilates bands

For specific equipment needed for each individual course and full terms & conditions please contact us directly

If you have any further questions, please give us a call on 03 9525 0080 or email info@unitehealth.com.au





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