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or prescribe exercises for these populations without consultation with an appropriate health ...

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various Pilates methods used in its renowned community centers island-wide so as to ensure the safety of the Singaporean community participating in their Pilates classes.

### **Singapore Pilates Studio and STOTT PILATES Training Center ...**

Thicha holds a Master Degree from

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Massachusetts Institute of Technology (M.I.T), Boston, USA. Thicha is a fully certified STOTT PILATES® level 1 & 2 in Mat and all apparatus, She is a STOTT PILATES® Lead Instructor Trainer, Zen-Ga® Instructor Trainer and TotalBarre™ Instructor Trainer.

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STOTT PILATES® is a contemporary approach to the original exercise method pioneered by the late Joseph Pilates. The refined method resulted in the inclusion of modern principles of exercise science and rehabilitation – making it one of the safest and most effective methods available.

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STOTT PILATES ® certification shows clients and employers that you are a well-qualified professional. A written and practical exam is required for certification.

## **Exam Information STOTT PILATES® | Equilibrium Studio**

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Stott Method. The Stott method aims at restoring the natural curvatures of the spine and rebalancing the muscles surrounding the joints. It still adheres to

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the major principles of Pilates—breathing, concentration, fluidity of movement—but is distinguished by its approach to postural alignment, exercise sequencing and the use of props.

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