

2 days workshop on Pilates Mat & Ball by -Dr. Prakash Shroff proprietor Physiohealth research and teaching institute
There were 24 participants including 4 th yr B.Pth , interns , m.pth & also clinical therapist On 28th & 29 th Feb 2015.



Fig: Workshop on Pilates Mat and Ball, 2015



Fig: Workshop on Pilates Mat and Ball, 2015

Objective Benefits of Pilates exercises in various conditions and knowledge of right way to teach Pilates exercises on mat and progressed to ball exercises