

APT Personal Training & Pilates

Founded by Andrea Gaze over 15 years ago – originally a mobile Personal Training business, Andrea added Pilates Qualifications in 2010, Wellness Coaching in 2011, MOTR Foundation Training in 2012, BODYART in 2015 and Anatomy in Motion in 2019. She has an extensive background in professional classical Ballet & Music Theatre (London Festival Ballet – now English National Ballet & Cameron Mackintosh) as well as Theatre Production – Choreographing, Stage Managing, Assistant Directing touring Opera, Musicals, Concerts and Arena Productions nationally. She also ran the Brian Stacey Memorial Trust for 22 years and created LifeART with Kate Sadler. Her passionate purpose is to help, educate, inspire, empower and enable as many people as possible in the world to ***‘move well to BE well.’*** Read more about Andrea [here](#)



APT offerings/skills – these are the main methods & sessions I recommend for Retreats:

APT Sessions & ideas

Mobility Matters

Mobility Matters – Educational or flow mobility session with music.

Sessions can be bite size 15 – 30 min or 60 mins or a full 5 x 1 hour education.

True mobility is understanding every joint in the body.

What IS moving, what is stuck and can be unlocked and what joint/s may not be able to move due to the history in our lives. Bringing movement incrementally back into the joints, improving posture & alignment thru awareness, can enable a more evenly spread shared load when moving in life. Finding centre and using ‘joints act muscles re-act’ – we can free our bodies of pain and move well to BE well.

Mobility Matters is an opportunity to empower anyone, but especially those who have found life is limited and shrinking – from age 50 this is often the case – it can bring new confidence and equip people with simple tools to draw on to manage their physical, mental and emotional health.

10 Key ingredients to mobility matters success are part of the education & empower you with simple tools to improve daily life and longevity.

Mobility Matters is my own self created method that began to grow and became more accessible during lockdowns in 2020. I have run 16 live courses online & done some guest masterclasses for various organisations as well as presenting it for the Healthy Ageing Summit & COTA Australia.

NB. No floorwork or kneeling – simply using a chair and a hand towel – this is not a workout & is suitable for people really struggling with mobility and pain. *Anyone* can benefit from Mobility Matters!

Bringing simple tools people can use and understand easily can be amazing & life-changing!

BITE SIZE MINI Sessions

Eg. The 4 pillars of essential movement – can be done in a 15 minute between other workshop sessions – this would work really well if there is a lot of sitting and listening Workshops.

Yes walking is good, but it is only *one* direction and the body & brain needs *multi-directional* movement to function well – we were *made to move*!

Learn more about Mobility Matters [here](#)

MINDFUL MOVEMENT ON THE MAT

Mindful Movement by APT – These sessions can be 30 – 45 – 60 minutes

I invite my participants to be barefoot on a mat – sometimes we sit on a cushion to start.

After many years of so many different movement, fitness fads and trends I decided to create a self nurturing mat experience that gently brings mobility, awareness, breathing & awakening connection to mind, body & spirit in a way anyone can enjoy and benefit from. Initially using and abusing my body as a dancer – driven by perfectionism and ‘no pain no gain’ mentality – a pathway opened up to me as life unfolded where I found myself seeking movement that could help me heal. There is a lot to this story as I am now 63, began dancing at 5 and became a professional ballet dancer at 17.

These sessions can be adapted and created specifically for any group (or even as a private session) – music is calm and meditational. It is not steeped in tradition but allows one to tap into your own spirit and awareness – breathing focus and being patient and present.

Mindful movement sessions incorporate all Andrea’s modalities/experience including Pilates, Mobility Matters, BODYART, Professional Classical ballet training, Personal Training, Functional Training & Anatomy in Motion. She begins the APT week with Mindful Monday on the mat – 30 mins first thing in the morning + a recording that is accessible for the entire week (some love this and use it in their lunch break or before bed to de-stress and unwind after a stressful non-active day)

There is a **Mindful Monday** 30 minute FREE Session on the APT website on the Methods tab

BODYART

BODYART Training – the art of movement – the workout for LIFE

A full BODYART 60 min Class experience draws on the 5 energy elements from Chinese Medicine:

1. **Earth** – Arrive, ground, breathe & mobilise
2. **Wood** – Functional pillars of movement – Expand
3. **Fire** – Circulate – Sequences can lead into DEEPwork cardio to create more heat – this can also be quite rhythmic, dance oriented – exercises follow using strength & awareness, yoga inspired, Physical Therapy.
4. **Metal** – Descending energy – pilates inspired stability and core with active release & stretch
5. **Water** – Stop – BE – breathe into deep relaxation – releasing meditation.

Breathe focussed movement using YIN & YANG balance in mind body & spirit – music creates ambiance to match the energy of each element – there is a creative unique energy many people find when they begin to truly tap into their own awareness, spirit and energy on any given day. Free of judgement & competition – the instructors role is to guide and encourage as well as bring their own unique connection with BODYART to their participants. Emotions stored in the tissue can often be released thru the myofascial training, organs are massaged and the nervous system can find a new re-balance. BODYART changed my life and I embody the practise – so grateful I found it (another story for another day!) it put me back together when I was burnt out and when life was just too hard it gave me a reason to be here. BODYART has a creative holistic energy

Andrea is a BODYART Master Trainer, Ambassador for Australia and Presenter – trained & continues to train with BODYART International. She was the second to launch BODYART Classes in Australia 8 years ago and has continued to add to her BODYART Toolbox. Andrea can teach – the art of movement BODYART Basic, Dynamic, Stretch, Structure, Flow and Best Age (60+) Classes – these allow her to craft any class to suit her group – BODYART always gives options so everyone feels a sense of accomplishment. Andrea teaches in person Studio Classes and live online every week during the APT Terms.

More info on BODYART & FREE sample class here: <https://www.aptandpilates.com/methods>

ONE on ONE ASSISTED PNF STRETCHING/Re-balance

Assisted One on One PNF Stretching & Re-balance Sessions – ideally 45 – 60 mins

A one on one re-balance of body & mind – using releasing/mobilising/breathing & Proprioceptive Neuromuscular Facilitation stretching technique.

Andrea has been working with many clients over the last 15 years and her Re-balance sessions have become a valuable way to support clients with their general health, mobility, recovery, rehabilitation and stress release. She provides regular stretch sessions to clients with Parkinson's Disease, nerve pain issues, to deal with mental health, general stress and more. Some of her clients have said 'it's better than a massage'.

What is PNF Stretching? Proprioceptive neuromuscular facilitation (PNF) stretching relies on reflexes to produce deeper stretches that increase flexibility. These techniques can help improve mobility and injury recovery. The client is totally in control and the stretching is incrementally increased according to feedback communicated, breathing techniques and the flexologists experience to feel response/reflexes accordingly.

Flexibility is key for athletes and nonathletes alike. It allows you to move freely and comfortably in your daily life, and can also help prevent injury during life movement & formal exercise. One of the best ways to increase your flexibility is by stretching. However, research suggests that not all stretching techniques are created equal. According to Research trusted sources from the University of Queensland, PNF stretching may be the most effective stretching technique for increasing range of motion. You cannot do PNF stretching yourself – it requires an experienced professional.

All things APT LINK: <https://linktr.ee/AndreaGazeAPT>