

Serap Erbas - List of Certificates

- Certificate in Legacy Programme, Mentor | Master I & 2|Honors, Costa Mesa, BASI Academy, Presenter; Rael Isacowitz, Costa Mesa, US, May 2019.
- Certificate in 500 hours Trimurti Multi Style Yoga Teacher Training, **Yoga Instructor TTC**, New Delhi, Dharamshala, India, May 2018
- **Art of Yoga Sequencing**, YogaGlo.com teacher training courses, 20 hours, ongoing, Presenter: Jason Crandell, Online course, since September 2017.
- Certificate in BASI Pilates Advance education course; Part of Legacy program: **Master I and Master II Course**, BASI Pilates Academy, Presenter; Rael Isacowitz, Costa Mesa, US, Dec 2017.
- **Understanding Osteoporosis: 'Bone Crumble & Custard'** The Lister Hospital Boardroom, London, Multidisciplinary Team Meeting 28; Presenters: Spine Surgeon, Mr Colin Natali; Radiologist Dr Muaaze Ahmad; Rheumatologist Dr Nora Ng, London, 11th Oct 2017.
- Certificate in **Designing Pre - Post Natal Exercises Programmes**, Level 3, Active IQ, JPilates Ltd, Presenter: Joanna, London School of Capoeira, London, 9th August 2017.
- Certificate in BASI Pilates Advance Education workshop; **Optimising Shoulder Mechanics with Pilates**, Presenter; Meredith Rogers, London, June 2017.
- Certificate in BASI Pilates advance education workshop; **The Art of Cueing**, Presenter; Meredith Rogers, London, June 2017.
- One day Pilates workshop presented by Jillian Hessel (USA): **B.E.A.M. Technique**, London, 20th May 2017.
- **Live Spinal Surgery**, Overview of the case, Mike Kyne, Lindare Medical – Disc Replacement; Jenny Earl, In patient physiotherapist- Protocol for disc replacement and fusion (Rehab); Live Surgery: **1. Fusion 2. Disc replacement**; Q& A, viewing held in St Olaf House Boardroom at London bridge Hospital, Dr Khai Lam, Spinal Surgeon, Consultant Orthopaedic Surgeon, London, 7th September 2016.
- **Observing Surgery, Knee operations**: Observed 3 operations: **1. ACL reconstruction 2. Arthroscopy 3. Chondroplasty and excision biopsy and one arthroscopy and arthrosis**. London Bridge Hospital, Dr Adil Ajuied, Consultant Orthopaedic Surgeon. London, 11th March 2016.
- Certificate in Teaching Garuda; **Garuda - Dhara (Chair)**, Presenter; James D'Silva, London, Feb 2016.
- Certificate in 200 hours Trimurti Multi Style Yoga Teacher Training, **Yoga Instructor TTC**, Goa, India, Sep-Nov 2015
- **A Celebration of Movement** – Presenters: Alan Herdman and James D'Silva.

Attended on:

Garuda Mat work-James D'Silva

Garuda Dhara (Chair) work – James D'Silva

Movement health movement analysis and constrains of mov. with Sarah Motram

Garuda Chakra with James D'Silva

Pre-Pilates with Alan Herdman

Smart Spine

Hyper mobility with Mary Thorton

Pilates Mat work Suzanna Scott

Weekend workshop in London, 12-13th September 2015.

- Certificate in BASI Pilates Advance education workshop; **Building the Ultimate Pilates Session**, Presenter; Rael Isacowitz, Istanbul, Aug 2015.
- Certificate in BASI Pilates Advance education course; Part of Legacy program: **Mentor Course**, Presenter; Rael Isacowitz, Istanbul, Turkey, Aug 2015.
- Certificate in PMA- 18 CPD credits with completion of Mentor Program in BASI Pilates, Istanbul, Turkey, 13th-14th-15th August 2015.
- **Marathon Mat Master class** with Rael Isacowitz, London, August 2015.
- Certificate in continuing Medical Education, **Injuries in Adolescent Athletes**, The Lister Hospital, Presenter: Dr Sarah Davies MRCP FFSEM, London, June 2015.
- Seminar in **Lumbar Spine** Update, London Bridge Hospital, Presenter: Mr Alexander Montgomery-Consultant Orthopaedic Spinal Surgeon, London, 30th March 2015.
- Certificate of attendance in **Cadavers Observation Lab workshop**: exploring the muscles and vertebrae of the spinal column, the origin of common problems, examining the pelvis, postural support muscles, the ilium, Ischium and pubis, The SI joint, the pelvic floor and non-specific low back and muscular pain on Cadavers, Imperial College, Presenter: D. Ceri Davies, Prof of Anatomy, London, 13th May 2015.
- Certificate in **Multidisciplinary Team meeting** 18, The Lister Hospital, All about the spines; Acute episode of back pain, Spondylolisthesis, Presenters: Mr Colin Natali FRCS(Orth) the Lister Hospital, Dr Alex Brand FRCP Chelsea & Westminster, Dr Muazze Ahmad FRCR The Royal London, Dr Sarah Davies MRCP FFSEM St Georges Hospital, Anza Clarke, All about spine, The Lister Hospital, London, 14th Jan 2015.
- Certificate in PMA Pilates advance education workshop; **Understand Lumbo-Pelvic Pain**, Online, Presenter; Brent Anderson, Jan 2015.
- Certificate in Multidisciplinary Team meeting, The Lister Hospital, All about the spine, back and neck pain clinic. Presenters: Mr Colin Natali FRCS(Orth), Dr Alex Brand FRCP, Dr Muazze Ahmad FRCR, Jan 2015.
- Certificate in Basic Life Support Course, AFA Training, Medical Advisor: Dr Adrian Steele FRCA, London, December 2014.
- Seminar in **Save the Meniscus-Knee** update, London Bridge Hospital, Presenter: Mr. Adil Ajuied, Consultant Orthopaedic Knee surgeon. Fiona Bell, Physiotherapy Liaison Officer, 11th June 2014.

- Certificate in **BASI Comprehensive Pilates Teacher Training**, Pilates Instructor teaching on Mat, Reformer, Cadillac, Wunda Chair, Avalon, Spine Corrector, Ladder Barrel, Small Equipment, Costa Mesa, US, Presenter: Rael Isacowitz, Oct 2013 - May 2014.
- Certificate of Attendance- **Classical Mat Master Class**, Deborah Lessen, Pilates Umbrella, London, March 2013.
- Certificate in **Exercise for the Management of Low Back Pain**, Active IQ Level 4, London, 7th March 2013.
- Certificate in **Exercise Referral for Specific Controlled Conditions**, CYQ Level 3, London, 8th December 2012.
- Certificate in **Advanced Nutrition for Weight Management- Specialist**, Be a better you training, London, 2th May 2012.
- Certificate in **Studio Equipment Teaching** in Reformer, Cadillac, Wunda Chair, Skills Active, Pilates Training Solutions, London, 24th March 2012.
- Certificate in Emergency first aid at work, St John Ambulance training, 28th June 2011- June 2014,
- REPs Certificate Professional Instructors, Pilates, **small equipment and teaching skills**, City Lit, London, Nov 2011.
- Certificate in **Teaching Mat Pilates**, CYQ Level 3, London, 2nd Oct 2011.
- Certificate in **Advanced Exercise and Fitness Knowledge**, CYQ Level 3, London, 23th Feb 2011.
- Certificate in **Fitness Instructing – Exercise to Music –** CYQ Level 2, London, 14th Jan 2011.