

What is Medau?

When you exercise the Medau way, you uncover the best-kept secret in the Health and Fitness industry...

Medau offers a unique approach to **movement**, focusing on correct posture and body alignment. Evolving and developing for more than 70 years in the UK, this tried and tested method is suitable for all ages and abilities.



Through natural dynamic, whole body movement, set to various styles of music and rhythm, your strength, stretch, stamina, suppleness and cardio vascular system are all improved. But not only this, with Medau, as your body begins to move more efficiently and in harmony, your co-ordination improves, allowing one movement to flow effortlessly into the next, increasing confidence and lifting the spirits.

Classes are fun and welcoming and run throughout the country, giving many different groups the opportunity to exercise and keep fit.

I feel privileged to be earning money for doing something I love - Angela Porter



The Medau Society is a founder member of the Exercise, Movement and Dance Partnership and supported by Sport England.



exercise movement & dance partnership

1 Grove House
Foundry Lane
Horsham
West Sussex
RH13 5PL

Telephone: 01403 266000
Fax: 01403 266111
E-mail: training@emdp.org
Web: medau.org.uk

Medau Society



Teacher Training with Medau

Mind and Body
in Harmony

Medau Society

Tel: 01403 266000

Why Teach Medau?

When you take on the challenge of a Medau Teacher Training course, you begin a journey of discovery:



Just imagine yourself...

- learning alongside like-minded people, passionate about movement and dance
- tapping into your creativity as you explore music and rhythm
- developing your own confident teaching style
- improving your fitness levels and personal performance
- increasing your sense of well-being
- being taught by a team of qualified trainers
- gaining nationally recognised teaching qualifications

Now imagine making it reality...



Benefits of becoming a teacher

Maybe you're thinking of returning to work after having a family? Perhaps you're close to retirement and would like to continue to use the skills you have developed over years of employment? You may already be working in health and fitness and would like to take on new classes? Or do you simply love all types of movement and dance and want to share your enthusiasm with others? As a Medau teacher you can.



Wherever you are in your life and career, as a Medau teacher the options are yours:

- Have flexible working hours that suit you
 - Earn money doing something you love
 - Approach retirement with a new focus
 - Actively manage your free time
 - Benefit others through your teaching skills
 - Add to your portfolio of classes
- And**
- Be self employed or increase your value to an employer

The people in my class have a great time - They tell me every week and have been telling me for 20 years, what a great way to earn a living—Barbara Norton

Features of the course

Quality movement ~ Working with music and rhythm ~ Teaching skills ~ Psychology of learning ~ Observation ~ Basic anatomy and physiology ~ Class organisation, and much more...

- Medau Teacher's Certificate
- City and Guilds 7303 Level 3 Award - Preparing to Teach in the Lifelong Learning Sector
- Level 3 Grade - Advanced Instructor - Register of Exercise Professionals (REP's)

PLUS you will always have the **SUPPORT** of your dedicated training team **DURING** your course **AND BEYOND.**

What should I do now?

To find out more about Medau movement, forthcoming Experience Days, and the new Medau Teacher Training Course, call and speak to one of our team on 01403 266000, email training@emdp.org or visit www.medau.org.uk



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