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## **PILATES ACADEMY INTERNATIONAL**

### **WORKSHOPS 2012**

#### **Well Toned Traveller! Stretch Band, Small Ball & Small Weights**

**WORKSHOP DATE: Friday 27<sup>th</sup> January : 3-7pm**

Let the Pilates Academy International help you help your clients put Pilates in their pockets with this workshop featuring the easily portable Stretch Band, Small Ball & Light Weights. Over 50 exercises will be taught in this workshop, enabling you to give your clients the tools they need to take your Pilates lesson on the road with them. Multi-level exercises will focus on the core and all major muscle groups, with particular emphasis on exercises that can be performed in small spaces. A standing series will also be included in the event that your client is in a spot in which he/she doesn't want to get on the floor! Additionally, students will leave with four sample workout templates of varying length to jumpstart the workout design process.

#### **Ring Around Pilates**

**WORKSHOP DATE: Friday 10<sup>th</sup> February: 3-6pm**

Squeeze it, hold it, love it or hate it, the Pilates Ring will challenge your core and tone the muscles of your upper and lower body. Intensify your workout with this versatile prop that will help you sculpt your arms, chest and back and shape up your legs and give a lift to your bum like never before! Learn over 50 exercises and modifications in this workshop. Pilates Rings will be available for purchase at a discount after the class. Please let us know in advance if you would like to purchase multiple Pilates rings!

#### **Pregnancy Workshop**

**WORKSHOP DATE: Friday 16<sup>th</sup> March: 3-7pm**

Did you know your client does not have to stop her pilates sessions when she becomes pregnant? Did you know that if she continues her pilates sessions throughout her pregnancy, she will most likely bounce back more quickly and find it easier to return to her pre-pregnancy fitness level?

In this workshop, we will first cover the contraindications for all stages of a woman's pregnancy in detail. Next, we will discuss in depth the many different ways to modify exercises for your client as her body changes throughout pregnancy. Exercises from the mat and mat-based repertoire and from all of the equipment (reformer, chair, Cadillac, spine supporter and barrels) will be covered. We will provide you with the knowledge and tools you need to program for your client safely to help her maintain strength, flexibility and peace of mind throughout her pregnancy and beyond.

#### **Foam Roller & Core Challenge Roller Workshop**

**WORKSHOP DATE: Friday 27<sup>th</sup> April: 3-7pm**

The foam roller and core challenge roller are fantastic for myofascial release (tight IT Band, anyone?), but that's certainly not all! Pilates exercises with the foam roller and core challenge roller offer a unique way to target core stabilizers, tap into muscles you might forget to use and introduce variety to your mat class. The foam roller and core challenge roller can also be used to simulate some Reformer and Cadillac exercises.

In this workshop students will learn over 12 myofascial release techniques and 30 Pilates exercises using

these teaching tools to integrate into a beautifully balanced and complete workout.

## **Corps Physique - Mat Pilates Extras**

**WORKSHOP DATE: Friday 25<sup>th</sup> May: 3-7pm**

Are your mat classes in need of a little pizzazz? Come to the CORPS PHYSIQUE: Pilates Mat Extras workshop to learn over 25 new exercises to add variety, challenge and spice to your current mat class. Exercises range from Tier 1 to Tier 5 and introduce new ways to work different muscle groups, challenge core stability, and explore movements in different planes of motion. Boost your client retention by being the first to offer these exciting new exercises in your club or studio.

This will be a 4 hour workshop: 3 hours of teaching, and then one kick ass class putting everything together in a wonderfully programmed repertoire.

Students will receive a chart of new exercises as well as a mini-manual which includes break down of the exercises.

## **Stability Ball**

**WORKSHOP DATE: Friday 29<sup>th</sup> June: 3-7pm**

Stay tuned for more info!

## **Programming For Results Equipment**

**WORKSHOP DATE: Friday 27<sup>th</sup> July: 3-7pm**

This workshop should be called 'How to Retain Clients!' Due to popular demand, we created a final programming workshop to help integrate the exercises on the various pieces of equipment. This helps students learn to customize workouts for their clients quickly and accurately. Because all equipment is utilized, students learn how to provide variety for their clients to keep each lesson interesting and invigorating. Clients never get bored as they progress at the pace that is right for them. This course empowers students by enabling them to design a variety of 'one hour sessions' for a number of case studies, and will provide them with invaluable feedback. Students will return to their clients with a new sense of poise and confidence and renewed energy.

While the course will be more beneficial to those students who have taken subsequent equipment courses, the programming tools taught can be used to retain clients in any setting.

## **Exploring Asymmetry: Pilates on the BeamFit**

**WORKSHOP DATE: Friday 24<sup>th</sup> August: 3-7pm**

Do you have a "good" side and a "bad" side? Everyone does! Asymmetry in movement can cause unhealthy movement patterns contributing to injuries and accidents. By using the BeamFit as a proprioceptive tool, as well as a mat, we can discover our asymmetries, the associated compensatory movement patterns, and then work to counterbalance them through healthy movement.

Students will have the option of purchasing a BeamFit at a discounted price at the conclusion of the workshop.

## **Having A Ball! The Stability Ball, Small Ball and Weighted Ball**

**WORKSHOP DATE: Friday 21<sup>st</sup> September: 3-7pm**

Are your clients still going to a gym when you would like to keep them coming to you? Learn how to add balance training, superior core training, heightened resistance training, reactive training and power training to your Pilates mat workouts with this all encompassing workshop! Traditional Pilates Mat exercises focus mainly on core training, and yet all populations, from athletes to the elderly can benefit from the incorporation of the many types of training in their exercise regime. With these three props, students will learn over 60 exercises to strengthen & challenge their clients, regardless of fitness level or age. The bevy of balls provides a unique way to present a myriad of training styles, all in the comfort of a Pilates studio. Exercises will be broken down into both level and training category for maximum programming effectiveness.

## **Pink Ribbon - Exercises and Protocol for Breast Cancer Survivors**

**WORKSHOP DATE: Friday 12<sup>th</sup> October: 3-7pm**

Help your client re-embrace life! To all instructors who train courageous women who have survived breast cancer, our Pink Ribbon Pilates program is designed just for you. Katherine and Kimberly spent many hours volunteering at Mount Sinai's Breast Health Resource Center and thus understand women in all stages of recovery.

Pink Ribbon Pilates will help your clients do the following:

Regain strength and mobility in the affected arm: Whether their goal is to play tennis again or simply wash their hair without tightness or pain, we will provide you with a systematic progression of exercises to enable you to increase their strength and flexibility of the affected arm.

Improve core strength after reconstruction involving abdominal surgeries: If a client has had a Tram Flap, we will inform you of the procedure and how you can work with your client's current strengths and weaknesses to develop a safe and effective core strength building program. Whether they were just cleared for safe exercise by their doctor or are many years post-op and still not feeling confident in their strength.

Circulate lymph and remove toxins! Help prevent the onset of lymphedema! Our CARDIOLATES® program integrates the alignment principles of Pilates with the physiological and cardiovascular benefits of rebounding. Rebound exercise - which uses a rebounder, much like a mini- trampoline, but more durable - is well known for its ability to increase lymphatic circulation. Many of our breast cancer survivors have found us because their doctors have recommended rebounding in order to prevent the onset of lymphedema. As the lymphatic system is the great detoxifier of the body, rebounding is a safe and effective way to increase circulation of both the blood and the lymph and detoxify, even if your client is not at risk for lymphedema. Because the mat of the rebounder absorbs 87% of the shock to the body, their joints will thank you for engaging in CARDIOLATES®.

## **Bosu**

**WORKSHOP DATE: Friday 16<sup>th</sup> November: 3-7pm**

Stay tuned for more info!

## **Reformer Jumpboard**

**WORKSHOP DATE: Friday 7<sup>th</sup> December: 3-7pm**

Do you feel your reformer workouts need a refreshing lift? Then come to the Corps Physique (pronounced "core physique") Reformer Extras plus Jumpboard workshop to put some spring into your reformer routine!

This workshop teaches over 50 new exercises on the reformer, featuring variations on old favorites, new ways to use the great machine and heart pumping, leg and butt toning jumpboard sequences that will keep your clients asking for more.

### **PRICING:**

**\$150 for 3 hour Workshop**

**\$195 for 4 hour Workshop**

**All Workshops are held at Pilates Academy International HQ :**

Pilates on Fifth, 501 Fifth Ave 22nd floor, New York, NY 10017

**\*Each workshop hour counts as 1 certification point**