



2010 TOUR

the 2010 STOTT PILATES®
Community of Excellence Tour



The 2010 STOTT PILATES® Tour... this stop, Tel Aviv!

Advance your skills in one of the hottest fitness trends. Check out our exciting line-up of workshops led by world-renowned Master and Lead Instructor Trainers. Anyone can attend!
Space is limited, sign up now.

July 30-August 1, 2010

FRIDAY, JULY 30 | 12:30-15:30 Therapeutic Foundations Information Session – 90 EURO

In this information session, members of the rehabilitation community get a first-hand look at how the STOTT PILATES® Rehabilitation Program can invigorate a clinical practice and help service clients more effectively. The program is open to all healthcare professionals who assess, diagnose, treat and prescribe exercises for the treatment and/or prevention of injury. Learn about the rehabilitative foundations of STOTT PILATES® therapeutic principles and explore how these principles relate to lumbo-pelvic stability.

0.3 STOTT PILATES CECS

FRIDAY, JULY 30 | 15:45-17:45 Therapeutic Foundations & Applications to Lumbo-Pelvic Stability – 70 EURO

The STOTT PILATES® exercise repertoire provides a variety of tools for client assessment, treatment and exercise programming in a post-rehabilitative setting. Discover how therapeutic applications of the STOTT PILATES® method and the unique nature of the V2 Max Plus™ Reformer* and select Matwork exercises can improve a client's stability and mobility particularly in the lumbo-pelvic region. Combine the elements of sound therapeutic principles, the integration of current research, and the ability to employ multiple equipment functions to modify exercises to suit clients' needs. Explore how the specific nature of selected movements can help clients develop awareness, strength and coordination to overcome pain and dysfunction.

0.2 STOTT PILATES CECS

see reverse for other course descriptions.

Sign up for all workshops by June 30 and save 100 EURO. After June 30 save 50 EURO.

Daniella Mallach Certification Center

To Register, contact: Daniella Mallach

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Training Facility Location:

9 Kehilat Saloniki, Tel Aviv, Israel

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July 30-Aug 1, 2010 (continued)

SATURDAY, JULY 31 | 9-11 The Shoulder Girdle: Stability & Function – 90 EURO

Explore the anatomy and biomechanics involved in the normal healthy functioning of the shoulder girdle and discuss some of the interruptions that can occur and exercise progressions to restore optimal function in this lecture/demo. First, the available ROM and typical movement patterns of the shoulder girdle are broken down analyzing scapular movement, humeral movement and relevant muscular action. Next, address some common abnormal or dysfunctional movement patterns. And finally, discover exercise progressions to rebuild normal muscle action and movement patterning as well as shoulder girdle exercises that can challenge and prepare for specific activities and enhance performance.

0.2 STOTT PILATES CECs

SATURDAY, JULY 31 | 11:15-13:15 Rotational Disks on the Mat – 70 EURO

The Rotational Disks can add variety and challenge to mat workouts at any level. Used alone or in pairs, they are perfect for testing balance and stability. Exercises will be performed supine, prone, standing, and kneeling as well as on hands and knees, isolating movement to upper or lower torso. The highly moveable disks create instability, challenging unilateral and bilateral stabilization to resist undesirable movements and can also be used to allow greater ranges of rotation or lateral flexion through the spine.

0.2 STOTT PILATES CECs

SATURDAY JULY 31 | 13:45-15:45 Mini Stability Ball Workout – 70 EURO

This energizing workout incorporates the 12-inch Mini Stability Ball to create total-body strengthening and conditioning. Exercises will work on improving posture with a major focus on core stability and back mobility while also lengthening and strengthening the surrounding muscles. Keeping in mind the elements of the STOTT PILATES Five Basic Principles, learn how to add variety and fun to traditional Matwork™ routines.

0.2 STOTT PILATES CECs

SUNDAY AUG 1 | 11:30-15:30 Matwork™ & Equipment Programming for Breast Cancer Rehab – 110 EURO

Many more women will survive breast cancer today than ever before and they will be encouraged to seek out fitness programs to assist in recovery and provide the strength and endurance needed to resume an active lifestyle. This workshop will discuss various types of treatments including surgeries and reconstruction and exercise requirements for each. The program includes Mat-based exercises focusing on ROM for the entire shoulder girdle, establishing mobility, restoring posture, ensuring proper biomechanics and developing core and peripheral strength to address muscular imbalances. Exercises will incorporate hand-held toning balls and a small foam cushion to work on low load strength and endurance. Many more women will survive breast cancer today than ever before and a specially designed fitness program will be a tremendous asset to provide a more comfortable recovery and deliver increased strength and endurance to resume an active lifestyle. This workshop will look at a series of gentle, targeted resistance-based Reformer exercises, focusing on ROM for the entire shoulder girdle. Other areas of emphasis include establishing mobility, restoring posture, ensuring proper biomechanics and developing core and peripheral strength to address muscular imbalances created from various types of surgeries.

0.4 STOTT PILATES CECs

SUNDAY AUG 1 | 15:45-17:45 Jumpboard Interval Training Level 1 & 2 – 70 EURO

Learn to challenge and motivate your clients and classes using innovative and simple jumpboard combinations, separated with intervals of upper and lower body strength and flexibility exercises on the Reformer. This ultimate cardio / strength interval class, challenges your clients core, and total body strength, elevates your heart rate, while focusing on proper jumping technique. This new format keeps your clients and classes on the move. Give your clients and classes something to jump about with this pumped up workout on the Reformer. Increase intensity and challenge coordination and cardiovascular fitness using more complex jumpboard intervals while ensuring safety and proper technique. Incorporate strengthening exercises for upper and lower body as well as the all-important core. Designed for intermediate to advanced level clients or groups, this plyometric workout will deliver all-over fitness while easily motivating and maintaining interest.

0.2 STOTT PILATES CECs

For more information on the tour:

visit www.stottpilates.com/2010tour or call 1-800-910-0001 ext 287

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