



2010 TOUR

the 2010 STOTT PILATES®
Community of Excellence Tour



The 2010 STOTT PILATES® Tour... this stop, Hong Kong!

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.

Oct 8-14, 2010

FRIDAY, OCT 8 | 9:30am-4:30pm Anatomy Review (lecture) – HK \$1,950

This lecture is a review for those who already have functional anatomy knowledge. Topics include: basic biomechanics (levers, effects of gravitational force, effects of muscle force), anatomical terminology, skeletal anatomy, actions at the joints, major muscle groups and the muscles' origin insertion and action. Select exercises from the STOTT PILATES® repertoire will also be broken down and analyzed in terms of the functional anatomy at play. Participants will deepen their understanding of the body and enhance their teaching.

0.6 STOTT PILATES CECS

THURSDAY, OCT 14 | 10am-12pm The Shoulder Girdle: Stability & Function – HK \$700

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

see reverse for other course descriptions.

VIM Pilates Studio

To Register, contact: **Michael Mak**

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Training Facility Location: 19/F QRE Plaza, 202 Queen's Road East, Wanchai, Hong Kong

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OCT 8-14, 2010 (continued)

THURSDAY, OCT 14 | 1-3pm Lumbo-Pelvic Region: Stability & Function – HK \$700

This lecture/demo explores the anatomy and biomechanics involved in the normal healthy functioning of the lumbo-pelvic region, some of the dysfunctions that can occur and exercise progressions to restore optimal function. First, the available movements and functioning of the lumbo-pelvic region are explored considering the lumbar, the pelvis, the hip and surrounding musculature. Common abnormal or dysfunctional movement patterns and postures are addressed. Finally, exercise progressions to rebuild normal muscle action and movement patterning are outlined, as well as exercises to challenge and promote optimal execution, prepare for specific activities and enhance performance.

0.2 STOTT PILATES CECs

THURSDAY, OCT 14 | 3:30-5:30pm The Knee: Stability & Function – HK \$700

The knee is a complex structure which can experience any number of injuries or conditions that interrupt normal functioning. This lecture/demo explores the anatomy and biomechanics involved in the normal healthy functioning of the knee, some of the dysfunctions that can occur and exercise progressions to restore normal movements. After looking at the available movements and functioning of the knee, common abnormal or dysfunctional movement patterns will be addressed. Exercise progressions to rebuild normal muscle action and movement patterning will be presented. Designed to prepare the body for specific activities and enhance performance, these exercises can challenge and promote optimal functioning.

0.2 STOTT PILATES CECs

OTHER TOUR STOPS:

May 2	Calgary, AB, Canada	Calgary Pilates Center
May 9	Cairo, Egypt	Body Fit Cairo
May 15	Wilmington, DE, USA	PhysiCore
May 17	Dallas, TX, USA	BodyMind Design
May 20,25	Tribeca, NY, USA	STOTT PILATES Corporate Training Center
May 30	Toronto, ON, Canada	STOTT PILATES Corporate Training Center
June 17	Tribeca, NY, USA	STOTT PILATES Corporate Training Center
June 25-28	Melbourne, Australia	Breathe Yoga & Pilates



For more information on the tour:

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

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