

STOTT PILATES® first annual seven days of CECs

Last chance to earn STOTT PILATES
CECs for 2008 in New York

DECEMBER

Essential Reformer

This interactive workshop teaches participants select exercises from the STOTT PILATES Essential Reformer repertoire with emphasis on the goals of the exercises, movement patterns, breath patterns and alignment. The adjustments and safety concerns when working with the Reformer will be explained, as well as the specific benefits of working with this type of equipment. Strengthening and lengthening muscles, developing core stability and mind-body connection are key. Cues and corrections for safety and effectiveness are also covered.

Dec 13 | 11:30am-3:30pm | \$160, TSI Employees \$120

Jumpboard Interval Training, Level 1

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, and focuses on proper jumping technique. This new format keeps your clients and classes on the move.

Dec 13 | 4:30-6:30pm | \$80, TSI Employees \$60

Mini Flex-Ball™ Workout

This energizing workout incorporates the 12-inch Mini Flex-Ball™ to create total-body strengthening and conditioning. The 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, participants will learn how to add variety and fun to traditional Matwork routines.

Dec 14 | 12-2pm | \$80, TSI Employees \$60

Foam Roller Challenge

In this level 2 workshop, you will learn how to add further challenge to the Foam Roller routine. You will use the Foam Roller's unstable nature while reducing the base of support to increase the challenge of strength and balance. Cues and corrections for safety and effectiveness are also covered.

Dec 14 | 2:30-4:30pm | \$80, TSI Employees \$60

Total Body Toning

A combination of two distinctive, energizing workouts: Part one of this workshop includes a weighted Toning Ball to sculpt and define the arms and upper body. Then get sleek and strong from head to toe with a seamless combination of Toning Ball resistance and STOTT PILATES precision using exercises adapted from the Matwork repertoire. Cues and corrections for safety and effectiveness are also covered.

Dec 14 | 5-7pm | \$80, TSI Employees \$60

Essential Stability Chair

This workshop will introduce participants to the highly versatile STOTT PILATES Split-Pedal Stability Chair. The capabilities of the Chair will be highlighted, and all its features will be utilized (including the handles and the split-pedal function) in the context of a well-rounded Essential level workout.

Participants will learn functional exercises working against spring resistance in a variety of positions, including standing, sitting, prone and side-lying. Modifications of exercises using the split-pedal feature will also be covered.

Dec 15 | 11am-1pm | \$80, TSI Employees \$60

Intensifying Essential Matwork

This interactive workshop teaches participants how to challenge clients with maximum safety and effectiveness by taking STOTT PILATES' Essential Matwork to a higher level of intensity. Participants will learn how to add variety and increase the pace of the workout to improve muscular endurance and core stability, without sacrificing control and quality. Cues and corrections for safety and effectiveness are also covered.

Dec 15 | 1:30-3:30pm | \$80, TSI Employees \$60

Athletic Conditioning on the Reformer, Workout 1

Learn to take your clients' game to the next level in this sport-conditioning workshop. Improve strength, power and agility through new variations of familiar exercises that challenge unilateral movement, weight transference and core stability. This workshop has a special focus on the core, arms, legs, shoulders and hips as well as rotation. Learn a format on the Reformer perfect for your athletic clients and sports enthusiasts of all levels.

Dec 15 | 4-6pm | \$80, TSI Employees \$60

Intermediate Reformer: Functional Anatomy, Cueing & Correcting

Focus on the details of cueing and correcting many of the more difficult Reformer moves in this Intermediate Reformer workshop. Select exercises will be broken down to identify the specific joint movement and muscular action. Learn cueing tips and modifications that will help your clients progress into this more challenging work while maintaining good form. Review observation skills and verbal cues and see real changes in the way your clients move.

Dec 16 | 11am-1pm | \$80, TSI Employees \$60

Matwork for Breast Cancer Rehab

Many more women will survive breast cancer today than ever before. These women will be encouraged to seek out fitness programs to assist in their recovery and give them the strength and endurance they will need to resume an active lifestyle. This workshop discusses various types of treatments including surgeries and reconstruction and the exercise requirements for each. Programs will include Matwork-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 created from the surgeries. Exercises incorporate hand-held Toning Balls and a towel or small foam cushion to work on low load strength and endurance.

Dec 16 | 1:30-3:30pm | \$80, TSI Employees \$60

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Equipment Programming for Breast Cancer Rehab

Many more women will survive breast cancer today than ever before. 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, very targeted resistance-based Reformer exercises, which will focus on ROM for the entire shoulder girdle. Other areas of emphasis will be establishing mobility, restoring posture, ensuring proper biomechanics and developing core and peripheral strength to address muscular imbalances created from various types of surgeries.

Dec 16 | 4-6pm | \$80, TSI Employees \$60

Arc Barrel

This workshop interactively teaches participants select exercises from the STOTT PILATES Essential Matwork repertoire and incorporates the Arc Barrel for support, challenge and variety. Participants will learn how the barrel may be used to support the spine in flexion, lateral flexion or extension; to target core and peripheral muscle groups; and to adapt exercises to specific body types. Cues and corrections for safety and effectiveness are also covered.

Dec 17 | 11am-1pm | \$80, TSI Employees \$60

3-D Balance

This workshop increases the challenge and benefit of the Intermediate Matwork exercises by adapting them to the Stability Ball. The dynamic nature of the ball provides additional proprioceptive challenge and prompts faster stabilization. This workout increases in difficulty from both the Core Balance and Dynamic Balance workouts. Cues and corrections for safety and effectiveness are also covered.

Dec 17 | 1:30-3:30pm | \$80, TSI Employees \$60

Pilates for Men

Get down on the Mat for a workout that's not for the faint-hearted. Welcome to the full-body workout that athletes swear by for sport-conditioning, cross-training and a strong, injury-resistant core. Every last muscle will feel this challenging routine which uses Toning Balls and innovative exercise choices that focus on precision and control.

Dec 17 | 4-6pm | \$80, TSI Employees \$60

Anatomy Review

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 are broken down and analyzed in terms of the functional anatomy at play. Participants will deepen their understanding of the body and enhance their teaching.

Dec 18 | 9am-4pm | \$240, TSI Employees \$180

Prenatal Pilates with Stability Ball and Flex-Band®

This interactive seminar will draw upon the most current medical information, exercise guidelines and research available on pregnancy and movement. Appropriate STOTT PILATES exercise adaptations will be explored using the Stability Ball and Flex-Band® exerciser and programming concepts for teaching small groups and private clients will be discussed. Anatomical and physiological changes, risk factors and movement considerations will be discussed with an eye to providing a safe and effective workout throughout all trimesters and will provide strategies for building new prenatal programs as well as enhancing those already in progress.

Dec 19 | 11am-1pm | \$80, TSI Employees \$60

Prenatal Pilates on the Reformer

This innovative workshop will help take moms-to-be from the traditional Matwork variations to modifications on the Reformer. Drawing on the latest medical information and ACOG guidelines, anatomical and physiological changes, risk factors and movement considerations will be discussed with an eye to providing a safe and effective workout. Appropriate STOTT PILATES exercise adaptations will be explored using the Reformer in innovative and beneficial ways. Workouts will be concentrated on second trimester concerns, including the client's pre-pregnancy fitness level, health concerns and fitness goals, although considerations for those in first and third trimesters will also be addressed.

Dec 19 | 1:30-3:30pm | \$80, TSI Employees \$60

Post-Natal Pilates

Most women will be able to return to exercise 4-6 weeks after a regular birth or when they get clearance from their physician. Many of the exercises they may have been performing during the second and third trimester of pregnancy will be suitable now, but other exercises can be added to focus on reactivating and stabilizing the pelvic floor, transverses abdominis and obliques as well as developing lumbo-pelvic stability. This gentle but effective workout will incorporate Toning Balls for variety to get moms back on the right track in no time.

Dec 19 | 4-6pm | \$80, TSI Employees \$60



STOTT PILATES® is recognized by
the American Council on Exercise as
a Continuing Education Specialist.

20% workshop deposit is non-refundable and non-transferable to another date. For more details, contact the Education Department at 416-482-4050 ext 261 or email education@stottpilates.com

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