

Sunday, Session 1

G309 - Why the Gyrotonic® System Works Part II: The Musculoskeletal System: 7:00-10:00AM

Often the discussion of systems of the body happens in isolation. This workshop will bring together the previous discussion of the nervous system, endocrine and cardiovascular system and show how it works collectively with the Musculoskeletal System. We will discuss the principles of muscle contraction, bone and connective tissue physiology and muscular balance. By exploring the idea of training structural muscles to enhance strength to the framework of the body, we will discover how movement works, actually works, to strengthen, lengthen, open and heal the body. CEC: 2 Polestar. Staff: Leda Franklin, Joy Puleo

O301 - The Pain in the Brain: 7:00-10:00AM

Modern neuroscience has revolutionized our understanding of pain – what it is, how it works, and what to do about it. Come explore the modern science of pain, and learn practical strategies and assessments for helping yourself and your clients train and excel while remaining pain-free. CEC: .2ACE, 3PMA, 2 Polestar. Staff: Dr. Eric Cobb

FM319 - Pelvic Power: 8:00-10:00AM

The Franklin Method uses imagery, touch, and movement to create effortless alignment and balance, improve flexibility, and enhance overall ease of movement. This workshop will delve into the understanding of pelvic anatomy and biomechanics, resulting in improved posture, a stronger center, and relief of low back pain. CEC: .2ACE, 1 Polestar. Staff: Jan Dunn

P302 - ActivCore FEX®: From Assessment to Muscle Activation: 8:00-10:00AM

ActivCore FEX® is a system of functional exercise using ropes, slings and bungee cords to provide safe, effective and pain free muscle activation. Participants will gain firsthand experience with a system that activates the right muscles, at the right intensity, at the right time. ActivCore FEX adds to your teaching skills with new information that can help clients at any level of ability. CEC: .2ACE, 2PMA, 1 Polestar. Staff: Trent McEntire

P303 - Jump! Reformer Workshop: 8:00-10:00AM

Strengthen your body, energize your spirit and focus your mind with this high voltage explosive jump board workshop. We will focus on proper jumping techniques, safety and ways to integrate jumping into your reformer sessions and classes. The easy to follow jump combinations can effortlessly be modified to fit every level and will have everybody jumping for joy. CEC: .2ACE, 1 Polestar. Staff: Michael Fritzke and Ton Voogt

P304 - The Art of Asymmetrical Exercise on the Cadillac: 8:00-10:00AM

Muscle imbalances need to be addressed asymmetrically in order to create balance and symmetry. Everything from the way we stand, lift and carry affects this asymmetry. This course teaches assessment of hyper-mobility and rigidity and how to correct problems from scoliosis to sports related imbalances. A new program of exercises will be presented to balance the body. CEC: .2ACE, 2PMA, 1 Polestar. Staff: Kathy Corey

P305 - Pure Classical Pilates: The Barrels: 8:00-10:00AM

Participants will review a full range of Small Barrel, Spine Corrector, and High Barrel exercises-basic, intermediate, advanced-for improving practice and teaching. Our focus will be on placement, range of motion, balance, shape, articulation, flow, and dynamics. We will also review teaching skills, and ways to assist clients improve their technique. Last, it will be instructive examine how exercises on the barrels can assist clients understand, and improve, similar exercises in the Pilates Mat workout series, and with other apparatus designed by Joseph Pilates. CEC: 1 Polestar. Staff: Peter Fiasca & Sandy Shimoda

P306 - Spirals Workshop: 8:00-10:00AM

Michael brings this new fun program which is a combination of dance based movements and stretching. The movements are designed to use focus of the upper body both for mobility and stability work. Combinations are taught to specific choreographed musical tracks, which helps motivate the class into working towards a longer leaner and more flexible body. CEC: 1 Polestar. Staff: Michael King

P307 - Peak Pilates®: MVe® Chair Pedal Progressions: 8:00-10:00AM

Progress one pump at a time through choreographic sequences that move from higher to lower reps to create challenge and spice to your chair class. Experience a class that progresses students from simple to sophisticated. Not recommended for beginning instructors. CEC: .2ACE, 1 Polestar. Staff: Zoey Trap

P308 - Peak Pilates®: Pilates Reformer Progressions: 8:00-10:00AM

Using the Reformer Series, explore how to progress students from a modified or building block form of the exercise, to its full advanced expression. Specific Reformer Series are broken down and built back up in order to discover what a body needs to understand in each exercise before an advanced version can be mastered. CEC: .2 ACE, 1 Polestar. Staff: Connie Borho

P311 - The Bender Ball Healthy Back: 8:00-10:00AM

We live in a society of flexion with sitting at computers to driving our cars on a long term basis. Our lower back muscles become weak and tight ultimately leading to back pain. Learn specific exercises to address specific postural issues. You will learn the difference in postural deviations and how to apply appropriate training techniques to improve your client's posture thus ultimately leading to less back pain. 1) Learn how to detect postural problems and exercises that actually make them worse; 2) Learn how to detect the weaker muscle groups and how they are overpowered by the stronger ones that potentially cause problems; and 3) Learn specific exercises for the Para-spinal muscles. CEC: .2ACE, 1 Polestar. Staff: Leslee Bender

P317 - Osteoporosis 101: 8:00-10:00AM

Learn the basics of working with clients with osteoporosis or osteopenia. 1 out of every 2 women and 1 of 4 men over age 50 have low bone density and are at risk for fracture! Discover the red flags for identifying clients with bone loss, contraindicated exercises and the best exercises to stimulate the bones of the spine.

CEC: .2ACE, 2PMA, 1 Polestar. Staff: Sherri Betz

P318 - Pro-Roller Massage Essentials: 8:00-10:00AM

Often it is true that the simplest things make the greatest differences. Spending just a few minutes lying and rolling on a cylinder-shaped piece of foam can help your body feel more relaxed, aligned, and resilient. The Pro-Roller provides an ideal shape and surface for massage and soft tissue release, encouraging areas of tightness to soften and lengthen. Rolling invites increased awareness of how your body feels and moves, helps develop better posture and body symmetry, challenges your balance, and activates your deep core muscles. CEC: 1 Polestar.

Staff: Angela Kneale

B322 - Increase Online Presences with Google Adwords: 8:30-10:00AM

During this session we will walk you through setting up an online advertising campaign with Google Adwords.

We will share insight and tips for creating and managing your campaign to help make your business available with the click of a mouse. Staff: Robert Murphy

Sunday, Session 2

B338 - Client Retention and World-Class Customer Service: 10:30-12:00PM

It takes five times more effort to generate a new client than it does to keep an existing one. Learn strategies to increase retention rates and turn clients into eager promoters of your business. Staff: Roxanne Banta

FM336 - Relax Your Neck, Liberate Your Shoulders: 10:30-12:30PM

Experience the power of imagery, touch, and movement exercises to lengthen, strengthen, and balance your neck and shoulder muscles. Understand neck and shoulder anatomy and function to empower you to move your body the way it was designed to move - easily and without tension! CEC: .2ACE, 1 Polestar. Staff: Jan Dunn

G331 - Gyrotonic® Level 2 Pulley Tower: 10:30-12:30PM

Come challenge your body, mind and soul with the advanced Pulley Tower work. Enjoy yourself as we cruise through The Leonardo, Crazy 8's, Happy Dolphin, and the Matador. CEC: .2ACE, 1 Polestar. Staff: Debra Rose

P324 - STOTT PILATES® Pilates Weight Loss Boost: 10:30-12:30PM

Kick your metabolism into high gear with this intensive, energyboosting mat workout. Take advantage of the body's natural ability to burn fat throughout the day and also help chase away stress while building overall strength and endurance. Select STOTT PILATES® Matwork™ exercises are combined in innovative and powerful sequences that gradually increase in rhythm, pace and intensity to help rev up the body's fat burning capacity.

CEC: .2ACE, 2PMA, 1 Polestar, .2 STOTT. Staff: Stott Pilates Faculty

P326 - Matwork Fundamentals – The Michael King Pilates Methodology: 10:30-12:30PM

This is a group class for the newer practitioner, but still challenging in technique and control for the experienced and skilled class member. A class designed to allow you to focus on the subtlety of inner muscle work while still being aware of the basic principles of the technique such as Precision, Flow and Control, with breath being a natural part instead of being the frustration that many newcomers find. Experience how simple can still mean physically challenging. CEC: 1 Polestar. Staff: Malcolm Muirhead

P328 - What's Going On With Your Pelvic Alignment: 10:30-12:30PM

If there is time Mary will discuss and demonstrate this most common pelvic imbalance, a variety of reasons as to why it is so and exercises we can learn to do to correct it in order to prevent and avoid pain later in life from pelvic misalignment. CEC: 2PMA, 1 Polestar. Staff: Mary Bowen

P329 - Bodyblade®: Core Like Never Before! 10:30-12:30PM

Unleash the power of your core using the Bodyblade. This workshop is perfect for personal trainers who want to learn a functional approach to training the core that enhances strength, stability, and balance. This rapid contracting, low-level vibration approach to core training will burn the calories and shrink your client's waistline like never before! Staff: Connie Borho

P330 - Peak Pilates®: Pilates for the Overweight Client: 10:30-12:30PM

Obesity is a growing health concern. Learn how to be part of the solution. Discover how to work with obese clients using a Pilates protocol that will support their body and let them rediscover the joy of movement. Explore how to select, adapt, and guide Pilates exercises on the mat and apparatus to provide a full hour of movement that empowers your clients and fuels their desire to do more. Unlock the door to your heart and open yourself to this rewarding work. CEC: .2ACE, 1 Polestar. Staff: Zoey Trap

P333 - Yogilates® Master Class: 10:30-12:30PM

Take the original yoga and Pilates fusion class from the creator himself. Experience the full integration of techniques into a seamless flow that develops greater awareness, a refined sensibility of the core, sound alignment principles, and dynamic flexibility and balance. You'll feel more centered, stretched and alive with this powerful Yogilates® workout. CEC: 2PMA, 1 Polestar. Staff: Jonathon Urrla

P335 - Power Pilates Barrel Workshop: 10:30-12:30PM

During this 2 hour workshop you will learn/review the Technique (Setup/Action/Precision) of all Intermediate/Advanced Barrel Exercises in a Lecture Format. CEC: 1 Polestar, 2 Power Pilates. Staff: Allison Gonzalez

O324 - The Big X – Understanding Your Kinetic Chain: 10:30-1:30PM

While modern sports science has made tremendous strides in understanding the isolated functions of the human body, it is the integration of these functions that determine our fluidity and athleticism. Join us to explore the inner working of your kinetic chain, efficient force transfer, and the big X.

CEC: .3ACE, 3PMA, 2 Polestar. Staff: Dr. Eric Cobb

P325 - BASI PILATES™ Challenging Basics: Increasing Session Intensity: 10:30-1:30PM

The Purpose of this workshop is to demonstrate how variations on the basic and intermediate repertoire can significantly intensify and challenge your clients without sacrificing the integrity of the work. The practical will include creative variations on basic to intermediate exercises and the tips for creating more variations once your home. CEC: .3ACE, 1 Polestar. Staff: Kristi Cooper-White

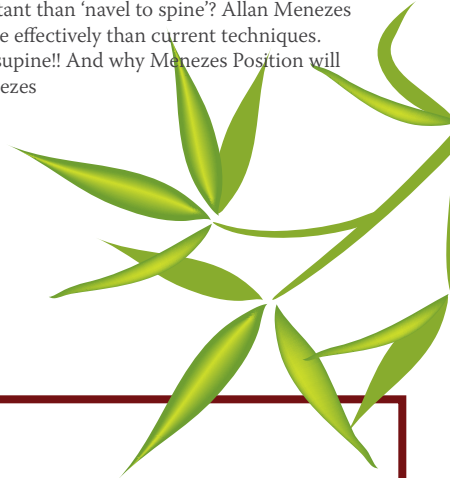
P327 - The Lonely Ladder Barrel: 10:30-1:30PM

The Ladder Barrel is rarely or under-used in many Pilates studios. This workshop is intended to review a beginning-to-intermediate program on the Ladder Barrel accessible to most clientele. Experience each piece in your own body and learn specific hands-on techniques to incorporate in your practice. CEC: .3ACE, 2PMA, 2 Polestar. Staff: Kyria Sabin

P334 - It's All About the CORE: 10:30-1:30PM

What is the core? How do we use it effectively? Why is it more important than 'navel to spine'? Allan Menezes will cover all these aspects and explain how to connect your core more effectively than current techniques.

He will also cover why Neutral spine is not effective for exercising in supine!! And why Menezes Position will change the way you work your core. CEC: 2 Polestar. Staff: Allan Menezes



Date: May 1-6, 2010

GYROTONIC® LEVEL II TEACHER TRAINING COURSE

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