



Join us this July 2016 for

STOTT PILATES

# Workshops

STOTT PILATES® workshops are formulated to expand programming options for group classes and private training. These informative sessions will increase your teaching repertoire. Increase your earning potential. Recognized as the gold standard in the industry, our workshops are designed for Pilates instructors and fitness professionals alike. All workshops qualify for STOTT PILATES Continuing Education credits and carry no prerequisites. Develop your skills with innovative STOTT PILATES programming  
Develop your skills with innovative STOTT PILATES programming with  
*Core Pilates by Sharon Currie in AUCKLAND.*

STOTT PILATES® Matwork Strength & Mobility	STOTT PILATES® Dynamic Armchair Pilates™	STOTT PILATES® Athletic Conditioning on the Mat
<p>Comprised of a series of simple movements that challenge overall strength and mobility with stability, this workshop developed by the MERRITHEW™ team, uses only the body's own resistance. Fundamental Pilates principles are added to less traditional moves to focus on mobilization, while balancing the musculature around the joints. Particular attention is paid to balancing mobility and muscular balance in the lower kinetic chain, specifically the knee, hip, ankle and foot.</p>	<p>If restricted mobility does not permit a client to lie on the floor or other equipment, this workshop, developed by the MERRITHEW™ team, shows exercise variations in an upright, seated position. In addition to exploring movements incorporating the gentle resistance of the STOTT PILATES® Flex-Band® exerciser, participants work through a number of exercises performed in a supported standing position to help develop balance and coordination.</p>	<p>This workshop developed by the MERRITHEW™ team demonstrates dynamic movement sequences that take full advantage of the body's own weight and gravity. These moves are guaranteed to develop ultimate strength and stability particularly through the core, including the lumbo-pelvic region. The workshop features an intense abdominal series, sequences with rotation and mobilization as well as a section dedicated to front and side planks.</p>
<p><b>Learning Objectives</b></p>	<p><b>Learning Objectives</b></p>	<p><b>Learning Objectives</b></p>
<ol style="list-style-type: none"> <li>1. Apply the Five Basic Principles of STOTT PILATES® to modified Matwork exercises.</li> <li>2. Understand how alignment and biomechanics can be improved through Matwork.</li> <li>3. Learn simple movement patterns that focus on strength and endurance.</li> <li>4. Discover how to create programs that improve functionality simply.</li> </ol>	<ol style="list-style-type: none"> <li>1. Apply the STOTT PILATES Five Basic Principles of stabilization to select seated exercises.</li> <li>2. Learn supported movements in a standing position focusing on proper form.</li> <li>3. Understand why STOTT PILATES is beneficial in cases of restricted mobility and how to modify for this clientele.</li> <li>4. Learn cues and corrections for safety and effectiveness.</li> </ol>	<ol style="list-style-type: none"> <li>1. Apply STOTT PILATES Five Basic Principles to select Matwork exercises.</li> <li>2. Learn specific exercise sequences designed to challenge stability and control.</li> <li>3. Understand how these exercises challenge strength and coordination.</li> <li>4. Learn cues and corrections for safety and effectiveness.</li> </ol>
<p><b>Date:</b> 10 July 2016 <b>Time:</b> 9:00am – 11:00am <b>Cost:</b> \$150.00 (incl GST) <b>STOTT PILATES CECs, ACE:</b> 0.2</p>	<p><b>Date:</b> 10 July 2016 <b>Time:</b> 11:30am – 1:30pm <b>Cost:</b> \$150.00 (incl GST) <b>STOTT PILATES CECs, ACE:</b> 0.2</p>	<p><b>Date:</b> 10 July 2016 <b>Time:</b> 2:00pm – 4:00pm <b>Cost:</b> \$150.00 (incl GST) <b>STOTT PILATES CECs, ACE:</b> 0.2</p>

For information or to register, please contact:

*Core Pilates by Sharon Currie*

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Training Venue: Bodyneed Sports Clinic, Ponsonby, Central Auckland, NEW ZEALAND

