

STOTT PILATES®



Join us this June 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 with *Core Pilates by Sharon Currie* in WELLINGTON.

STOTT PILATES® Reformer with Fitness Circle®	STOTT PILATES® Jumpboard Strength & Conditioning	STOTT PILATES® Golf Conditioning on the Reformer
<p>In this workshop, developed by the MERRITHEW™ team, learn how the Fitness Circle® can bring variety and challenge into group or private reformer settings. Add more challenge to adductors and abductors of the peripheral limbs as well as assist in activating the core. The resistance ring reinforces correct muscle firing patterns and helps ensure correct positioning while adding an element of fun and variety to each workout.</p> <p>Learning Objectives</p> <ol style="list-style-type: none"> 1. Understand how the STOTT PILATES Five Basic Principles apply to exercises using the Reformer and Fitness Circle. 2. Discover how the Fitness Circle can be used in innovative movement sequences. 3. Utilize the resistance ring to increase challenge to upper and lower body respectively. 4. Learn how to incorporate these movements into a complete Reformer workout to create variety and challenge. <p>Date: 26 June 2016 Time: 9.00am-11.00am Cost: \$150.00 (incl GST) STOTT PILATES CECs, ACE: 0.2</p>	<p>Learn programming to improve the strength and stability of hip, knee and ankle joints in both supine and standing positions in this workshop developed by the MERRITHEW™ team. The use of a Jumpboard with the Reformer allows the hip joint to be closer to an anatomically neutral alignment when transferring forces from the soles of the feet up through the body, promoting good biomechanics of the entire lower kinetic chain. Increased spring resistance emphasizes strengthening of the arms, shoulder girdle and legs.</p> <p>Learning Objectives</p> <ol style="list-style-type: none"> 1. Apply the Five Basic Principles of the STOTT PILATES® method to exercises on the Jumpboard. 2. Understand movement essence and exercise goals as applied to athletic conditioning. 3. Discover how simple moves and increased tension can address specific strengthening goals. 4. Learn how to alter starting positions to increase core strength and stability. <p>Date: 26 June 2016 Time: 11.30am-1.30pm Cost: \$150.00 (incl GST) STOTT PILATES CECs, ACE: 0.2</p>	<p>Help raise clients' golf games to a new level with targeted STOTT PILATES® exercises designed specifically on the Reformer. With a better understanding of the conditioning requirements of golfers, these moves can help improve balance and flexibility and condition the entire body. This workout, developed by the MERRITHEW™ team, discuss the unique benefits of working with Reformer exercises to enhance core stability and body awareness creating a lasting performance boost for any level athlete.</p> <p>Learning Objectives</p> <ol style="list-style-type: none"> 1. Apply the STOTT PILATES Five Basic Principles to modified exercises on the Reformer. 2. Learn specific exercises designed for golf conditioning. 3. Understand how these exercises challenge strength, stability and coordination. 4. Learn cues and corrections for safety and effectiveness. <p>Date: 26 June 2016 Time: 2.00pm-4.00pm Cost: \$150.00 (incl GST) STOTT PILATES CECs, ACE: 0.2</p>

For information or to register, please contact:

Core Pilates by Sharon Currie

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Training Venue: Body Magic Pilates Studio, Central Wellington, NEW ZEALAND

