

GET OUT OF THE PILATES SAND TRAP WORKSHOP

24-29 JULY, 1-6 AUGUST 2022, 2-7 JANUARY 2023

IN ROME AND ONLINE

36 NCPT CEC

WHAT TO LOOK FOR, WHAT TO NOTICE, AND WHAT TO DO ABOUT IT BIOMECHANICS FOR PILATES

LEARN

- **How to assess** a body **through movement** simply, quickly, and effectively (without being a physical therapist)
 - Measure active range of motion (ROM) without touch or tools
 - Stay within the scope of Pilates
 - Use virtually, too, with your online clients
 - Self assess with these same tests
- How to tie ROM measurements to specific **limitations** or **excesses**
 - What do these measurements mean?
 - What secrets do they reveal about movement potential?
 - Can they tell me where the body is compressed or expanded?
 - How do I use that knowledge?
- How to select **assessment-based exercises** to improve ROM, motor control, posture, performance, endurance, and strength
 - How do these measurements help me know which exercise to choose?
 - Do they tell me which of the three body regions I should work on first?
 - Thorax, pelvis, feet? Does it matter?
 - Can I see improvements in one lesson? Can I mathematically prove this through re-assessing?
- How to identify common **compensations** that result from joint limitations
 - What's the most common compensatory posture or "orientation"?
 - What does this look like? How can you tell if this is someone's preferred posture? How does this influence choosing exercises?
 - What's the difference between moving through "orientations" and relative movement?
 - Why is this important?
- How to **eliminate** time-consuming **pre-workout tissue release** of trigger points or "tightness" with balls, foam rollers or Thera-guns
 - How muscles release tissue and get stronger (at the same time) when joints are positioned to contract and relax optimally

- Why **breath** is the go-to for increasing ROM, motor control, and concentration, and for improving posture and strength
 - Why do we start each lesson with breathwork?
 - What do breathing exercises do?
- How to use **gait** to better understand limitations and improve them
- How to categorize bodies into **two basic archetypes**
 - What is a wide or narrow infrasternal angle (ISA)?
 - Can I measure it?
 - What does this tell me about the body?
 - Is this important for exercise planning?
- How to **bridge this knowledge** into the classical **Pilates** repertoire
 - How to know which Pilates exercises to do or not do
 - How to transfer improved mobility and awareness to specific Pilates exercises
 - When, why, and how to add load or complexity to make joints stronger, improve motor control, build strength, and progress in the repertoire

Set yourself apart as a science-based Pilates professional who uses assessments instead of guesswork to plan lessons, get results, and change lives

WHERE: Rome, Italy, Via di Parione 7, or online

WHEN: 6 training days -- **July 24-29, 2022, August 1-6, 2022, January 2-7, 2023**

HOURS PER DAY: 6 (with breaks)

ORGANIZATION OF DAY: 2 hours movement, 2 hours lecture, 2 hours assessment (may shift a bit based on inspiration)

NUMBER OF PARTICIPANTS: 6 (only in person in Rome)

COST: €600 (only!)

If you want to join, please email me at patriciademoonmedros@gmail.com.

Or call Cherish (COO) at +39 327 0004996

Let me know your preferred dates – July, August 2022 or January, 2023.

Payment details to follow.

THANK YOU!