



# WORKSHOP Schedule 2011

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## CENTERING AND YOGA MATTHEWS

80 PM - 3:00 PM

Description: This yoga class is a unique blend of somatic practices as BodyMind Centering and Bartenieff Fundamentals in the Hatha yoga practice. By embodying anatomy, take your yoga practice to a deeper level physically and mentally.

March 16, 23/ April 6, 13, 20, 27/ May 18, 25

## HANNA SOMATICS

WITH LAURA GATES

Mon evenings 7-8:30 90 minute class

Cost single 1.5 hr class \$35, 5 class card \$150, 10 class card \$250. Each class will offer written, illustrated material of class content to take home.

**Mar 21 "A Somatic Approach to relief of Headaches and Chronic Neck Pain"** offers self care methods to decompress, mobilize the vertebrae of the neck, upper torso, and shoulders, to take away pain, stiffness, and methods to "trip up" the muscular contraction typical to the onset of migraines.

**Mar 28 "Mobilizing the Torso to give more freedom of movement to the arms and legs"** re-patterns central muscles to free the body's motion potential from in to out.

no classes in April. Laura will be teaching in Spain, Norway, and CA.

**May 2, 7:00-8:30, "Improving Knee Function Part 1"** will address the knees by improving the torso, pelvic alignment and mobility. If you have pain or stiffness in your torso or pelvis, this class will offer some welcome solutions.

**May 9, 7:00-8:30, "Improving Knee Function Part 2"** will address the knees directly, re-patterning the muscles of the upper and lower legs and feet. People with chronic pain, stiffness or other issues of the legs and feet will benefit from this workshop as well.

**May 16, 7:00-8:30, "Re-patterning muscles of the neck and jaw"** can take away built up tension in the skull that contributes to headaches, some kinds of vertigo, and can help with jaw pain resulting from dental work.

## BodyMind Fitness Certificate Program

**LOWER:** April 8-11 2011: underSTANDING

- **Friday:** ReEvolutionary Legs with Dr. Martha Eddy
- **Saturday:** Anatomy in Clay: Muscles of the femur and movement with Doris Pasteleur Hall
- **Sunday:** Pilates Upright with Lesley Powell
- **Monday:** Fitness Coaching with Dr. Martha Eddy

See below for more info about each workshop

## ReEvolutionary Legs: Evolution of Fitness from Crawling-Standing-Running

With Dr. Martha Eddy Friday April 8 5:30-8:30 PM \$85

Early registration by 4/1 \$75

The next wave in fitness takes you back to go forward. Work out w crawling, hopping, and leaping. Learn how your earliest movement skills affect your current muscular tone, posture and coordination. Practice special developmental movements to strengthen you core and activate your limbs in a safe and integrated way. Gain better alignment for walking and balance.

## ANATOMY IN CLAY®

with Doris Pasteleur Hall

Saturday 9 AM -5 PM \$275

Early discount see dates below

Building the muscles of the body on a Maniken® model allows you to observe movement from a 3 dimensional perspective. Placing, sensing, and observing the layers of muscles will help you integrate their relationship. Going back and forth between the model and movement, we will become aware of the layering of the deep to superficial muscles.

- April 9: Femur Early discount \$250 sign up by 4/1
- May 21: Shoulder Girdle Early discount \$250 sign up by 5/14
- August 6: Knee and Feet Early discount \$250 sign up by 7/29
- October TBA: Spine

## PILATES UPRIGHT WITH

Dates: Sun 4/10/2011

Time: 9:00 AM - 4:00 PM \$200 Early



registration by 4/1 \$175

PMA Approved 6 cec -Pilates Upright is a dynamic workout that incorporates the training of Pilates mat with weight bearing exercises in standing. Pilates Upright gives you a new underSTANDING of the coordination of your muscles & bones in standing, which is very different from exercising on the floor

## FITNESS COACHING: MATCHING LEARNING STYLES

With Dr. Martha Eddy Friday April 11 1-4 PM \$85

Early registration by 4/1 \$75

This is a laboratory for wellness professionals. Do you wonder how to better motivate your clients? Learn to match your style to those of each of your clients. Learn the theory of Multiple Intelligences. Get great results in motivating, dealing with complex issues and feelings, improving alignment and fitness, and activating healthy habits. Holistic fitness is important and current, be on top of the wave.

## BALANCED BODY'S PILATES ARC

With Lesley Powell

May 15, 2011 9:30-4:30 PM PMA 4 cec

\$199 plus \$25 for manual

Sign up is with Balanced Body 1-800-PILATES

Create exciting new Pilates workouts with the Pilates Arc. It's a lightweight Pilates Step Barrel and a whole lot more!

Balanced Body's Pilates Arc instructor training includes an introduction to the history and principles of Pilates, the features, function and safety precautions for the Pilates Arc, the complete repertoire of exercises on the Pilates Arc with

See other Side

modifications and lectures on class order and programming in a studio or fitness center. This course is designed for experienced Pilates professional or a beginner, this course will provide you with everything you need to start teaching Pilates on the



strength and stability  
flexibility of the spine  
upper body  
balance and coordination  
to use and provides exercises to challenge anyone from  
the beginner to the most advanced Pilates practitioner.

evolve around how to increase mobility, coordination and strength using the Pilates equipment and balance tools.

Section II The lower body This is an introduction how the lower body moves in gait. Pilates is a wonderful way to train for better tone and mobility. The coordination of our muscles is different with closed chain in standing than open chain and close chain lying prone, supine or side. Observation skills and program development will be learned to help the senior improve their gait skills.

## BALANCED BODY'S ORBIT

10/16 9:30 - 4:30

## SHOULDER WORKSHOP:

### Scapular Revolution

with Lesley Powell Time:  
**9:00 AM - 4:00 PM** Sunday 5/22 9:00 AM- 4 PM \$200

Early registration by 5/13 \$175



PMA Approved 6 cec

The arms connect to the torso through the shoulder girdle, shoulder blades, clavicles and humerus bones. Each bone moves in different degrees of rotation and timing. The timing and the control of these motions are essential to a healthy shoulder. This “scapular-humeral rhythm” is like a symphony—each bone is an instrument playing a different variation of a melody.

When the shoulder girdle moves correctly, great function is invited. Each bone of the shoulder girdle; the clavicles, the scapulae and the humerus bone, have a unique rhythm of movement to facilitate the arm moving in space.

A great scapular-humeral rhythm will invite the correct phrasing of the arm and core muscles. When you get a client to better use her shoulder girdle, her arm strength, posture and connection to the core will improve. Learn how this rhythm works and how to help your clients improve theirs.

## GAIT WORKSHOP

with Lesley Powell  
Dates: **Sun 8/7/2011**  
Time: **9:30 AM - 4:00 PM**  
6 hours PMA approved 6 cec \$200  
Early registration by 7/29 \$175

We take walking for granted. When we lose the ability to walk comfortably, we lose our freedom to do things. Poor posture, lack of strength and mobility and diminishing balance skills affect our gait. This course is an introduction to how the body moves in gait and how as trainers we can plan a workout that encourages better walking skills.

We will learn observation skills about how the body moves and applications using



the Pilates repertoire to improve mobility and strength in relationship to gait. Applications to the Pilates repertoire will also include modifications with diminished range of motion.

Section I The spine Posture is key in walking. Poor posture can affect the mobility of our hips and legs in walking. We will look how the spine moves in an ideal healthy walk. Learning observation skills about walking and simple movement exercises can help us evaluate our client's movement patterns. Lesson plans will

them in problem solving other advanced movements.  
Please bring to the sessions, any questions concerning  
Boomerang.

## **SPINE CORRECTOR AND SPRINGS**

with Doris Pasteleur Hall

Dates: Sun 3/7/2010

Time: **10:00 AM - 11:15 AM \$25**

We will be applying the mat concepts with the use of  
two different props. This group class will be using the  
spine corrector /arch and the leg / arm springs.

## **DEEPENING YOUR PILATES - REFORMER**

with Doris Pasteleur Hall

Dates: Sun 3/7/2010

Time: **12:00 PM - 1:00 PM**

Exploring the Intermediate/Advanced Reformer material  
with focus and breath. Encouraging teachers to deepened  
there practice. \$45

## **HOW TO GET TO BOOMERANG**

with Doris Pasteleur Hall

**Dates: Sun 3/7/2010** Time: 1:45 PM - 4:45 PM

\$100.00

Problem solving, teaching and executing the advanced  
exercise Boomerang is a fun challenge. Will use  
beginner to intermediate exercises as tools to properly  
progress to Boomerang. Discover the connections that  
create support for this high-level exercise and utilize