



Movement Matters Bali

Continuing Education Course List



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ANATOMY FOR MOTION



Description

Anatomy for Motion literally changes the way you think about, observe and feel human movement. Fun and interactive, this course brings the human structure to life. You gain new insights into how the body moves from different perspectives. The ultimate goal of this course is to help you understand how movement is produced at all major joints. This understanding lays the groundwork for accurate neuromuscular recruitment, joint mobility and core control.

Recommended additional resources: Trail Guide to the Body, 5th edition, by Andrew Biel, anatomy apps

Learning objectives

- Explore human anatomy in multiple dimensions
- Sense and feel parts of the body as structural anatomy comes to life and takes on personal meaning
- Learn foundational exercises to facilitate and optimize functional movement in the spine and major joints of the body

Level: Beginner

Duration: 6 hours

CECs: 6

ARTHRITIS: THE MODERN EPIDEMIC



Description

Arthritis is a chronic and, for many, debilitating disease caused by inflammation of one or more joints. It results in joint swelling, stiffness, pain and limited range of motion. There are over 100 different forms of arthritis, with osteoarthritis being the most common. While focused primarily on osteoarthritis, this course, equips you to deal with most types of arthritis. You learn a broad range of exercises appropriate to every stage of the disease.

Learning objectives

- Gain an understanding of osteoarthritis and related types of arthritis
- Learn to identify the difference between osteo- and rheumatoid arthritis
- Practise safe and effective exercises for osteo- and rheumatoid arthritis
- Learn how to develop safe and effective classes for people with arthritis

Duration: 3 hours

CECs: 3

BALANCE APPARATUS: PILATES PROPS WITH PURPOSE



Description

This course focuses on three pieces of equipment: foam roller, swivel discs and stability ball. Simple, portable and versatile, each piece of apparatus adds challenge and depth to classes and one-on-one sessions. Learn to rebalance and create both deep and superficial support in the hips, shoulders and upper torso. Build exercise sequences from simple to complex and from relatively stable to extremely unstable. Equipped with both conceptual and kinesthetic understanding, you leave this course ready to teach core stability and balance training in a way that engages the body in every plane and direction.

Learning objectives

- Learn how to use balance apparatus for safe and effective outcomes
- Practise exercises using a stability ball, foam roller and swivel discs
- Experience the continuum that training with balance apparatus provides: improved balance, increased core control and optimal joint mobility

Duration: 6 hours

CECs: 6

BALANCE SYSTEM AND VESTIBULAR INTEGRATION



Description

This course explores our body's balance systems. Learn how our sensory and movement systems interact to maintain equilibrium and posture. Gain an understanding of how the vestibular system works, and what happens when there is dysfunction in this system. You will experience how our senses impact our balance and leave with exercises to improve balance abilities, including how to support exercise for people with balance challenges or vestibular disorders. Learning objectives

- Learn how our vestibular, vision, somatosensory, and neuromuscular systems work together to maintain balance and postural control
- Understand the vestibular system, and how vestibular disorders affect balance function
- Practice exercises to improve balance and sensory integration

Duration: 2 hours

CECs: 2

BEYOND BREAST CANCER



Description

Breast cancer is one of the most survivable cancers. Nine out of 10 women live at least five years post-diagnosis. However, the treatment is almost always invasive. It leaves individuals fatigued and with physical problems like lymphedema, reduced shoulder range of motion, pain and stiffness in affected joints, and muscular weakness. In this course, we look at several biomechanical protocols to improve functional movement as well as somatic education principles. The goal is to make movement meaningful and beneficial for breast cancer survivors.

Learning objectives

- Gain knowledge about breast cancer and its implications in the context of daily movement
- Explore ways to specifically address the movement impairments associated with breast cancer
- Learn how to build an effective program for survivors to ensure positive outcomes and a balance between strength and flexibility

Duration: 6 hours

CECs: 6

BREATHING MECHANICS AND PROTOCOLS

Description

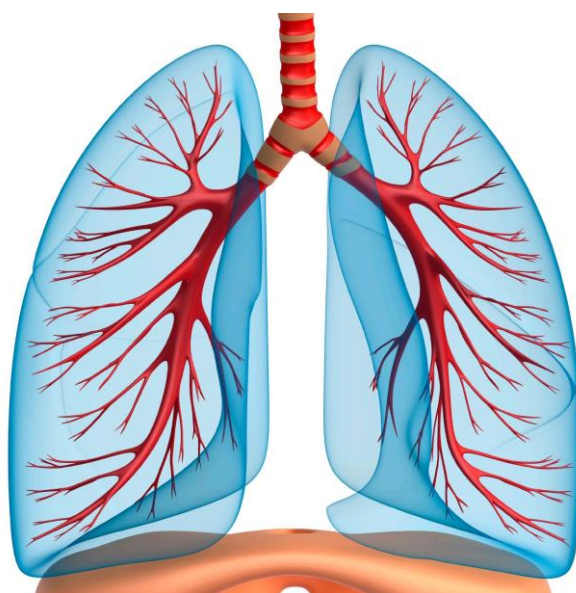
As an event breathing can be both unconscious and conscious. How we breathe affects everything we do. And breathing is integral to core stability and building bodies that move with ease and integrity. This course outlines the biomechanics and physiological underpinnings of this vital process. Theory crosses over to experience as we explore several ways to breathe to enhance function of the respiratory and musculoskeletal systems. Throughout the day we work interactively to interpret different faulty breathing patterns, understand how they affect movement and posture, and work to help reverse them for optimal function.

Learning objectives

- Experience how breathing works and learn what happens with every breath
- Learn the biomechanics of the breath cycle: which muscles are involved, and how they work on inhalation and exhalation
- Practise a sequence of exercises to help unlock the breath for improved function and posture

Duration: 6 hours

CECs: 6



BUILD A STRONG AND SUPPLE SPINE

Description

The human spine is a dynamic structure built to move with ease and power... until it doesn't. The spine plays a central role in everything we do from sitting to standing, walking, running or jumping. In this foundational biomechanics course, we examine the structure of the spine and learn about key roles the different sections of the spine play in movement and core control. From a movement perspective we look at how to design a spine-focused exercise prescription that promotes optimal function.

Learning objectives

- Review and expand your understanding of structural anatomy of the spine
- Build a basic understanding of the spine's functional anatomy
- Learn to deconstruct the spine's four major motions to understand the continuum of typical movement impairments
- Discover key exercises to optimize functional movement in all regions of the spine

This course is one in a 3-part biomechanics series consisting of Build a Strong and Supple Spine, Power and Balance for Hip and Knee, and Simplifying the Shoulder Complex. The series explores the three major areas of the body that significantly impact overall function. It focuses on how to observe movement mechanics in these areas so you can offer meaningful instruction on how to move better.

Duration: 3 hours

CECs: 3



CAREER GROWTH ESSENTIALS FOR PILATES AND MOVEMENT PROFESSIONALS COURSE

Description

This program is designed to set you up for future success as part of any teaching and/or clinical team or as an independent Pilates and movement practitioner. Curriculum is divided between the course work covered in Essentials of Client Care that starts the program. This lecture-based course is filled with the key concepts for success as a health and wellness service provider. After the course, there are seven weekly sessions for practical application, in-the-moment problem-solving, and analysis of different scenarios that make or break a successful Pilates and movement practice. Based on the principles of Adult Education, each of the seven sessions includes a conceptual framework, discussion, and interactive practice.

Duration: 15 hours

CECs: 15

CERVICAL SPINE MECHANICS AND PROTOCOLS

Description

Forward head carriage is so prevalent in today's society. It can contribute to significant strain and tension in the neck and shoulder region as well as all the way down the body. When a person with forward head carriage engages in movement and exercise, the neck and shoulder area often protest and can even feel worse after the fact. In this course, we unravel the complexity of the cervical region and look at exercise choices that help people move beyond strain and carry their heads with more power and ease.

Learning objectives

- Expand your understanding of the cervical spine and jaw structural anatomy
- Gain knowledge of the cervical spine and jaw biomechanics
- Learn exercises to restore and optimize function in the cervical spine and jaw

Duration: 4 hours

CECs: 4



CLIENT CARE ESSENTIALS TO BUILD OR REBUILD YOUR PRACTICE



Description

Ever notice how some Pilates teachers are consistently busy and have the best clients in the world? Sometimes this gets chalked up to luck, experience or good karma. In fact, it is a reality you create. In this course you learn a step-by-step process to help each of your clients have the best chance to become committed, engaged and fun to work with. You'll learn simple markers to know exactly what a client needs from you to feel satisfied and excited about next steps. And, you'll learn simple techniques that help people stay the course long term.

The curriculum of this course developed out of the Body Harmonics Teacher Mentoring program with the goal of ensuring all teachers have the skills and knowledge needed to build a thriving practice at any stage of their career. The course provides a comprehensive plan for client care. You will walk away knowing exactly what people need to become lifelong, loyal clients and what you need to do to help them get there.

Learning objectives

- Learn a step-by-step intake process that ensures people come back
- Explore tools to know how to meet client needs within minutes of your first interaction
- Develop a systematic approach to keep clients on track, committed and loyal

Duration: 6 hours

CECs: 6a

CORE INTEGRITY



Description

We all know that a strong core is key to optimal function, balance and equilibrium. But how can we best facilitate effective core control and still create programs that appeal to average people who can't connect to subtle movements and deep inner muscles? In this course, we take a global approach to the concept of core and analyze both the inner and outer cylinders of support. These core systems help produce support and movement for the entire body as they criss-cross and spiral the torso. In-depth analysis is followed by observation and self-practice using specific exercises for each layer. You leave with a clear idea of how to help people connect to the different parts of their core.

Learning objectives

- Discover what the inner unit of support is and how it functions
- Learn what the outer unit of support is and how it functions
- Practice exercises for both inner and outer units for optimal core control
- Explore ways to develop a sequence of exercises based on the core systems

Duration: 12 hours

CECs: 12



FOOT AND ANKLE: THE BODY'S SPRING SYSTEM

Description

“Feet First” should be our motto! See the foot and ankle in 3-D. Develop a functional understanding of the foot and ankle movement mechanics for elastic rebound. Learn how the arches of the feet work optimally and what the cause and effect are when they break down. We also spend time learning to observe major postural deviations in the foot and ankle that lead to postural problems in the entire skeleton. Take away simple reconditioning exercises that produce profound results.

Learning objectives

- Learn functional anatomy of the foot and ankle and their effect on the entire body
- Develop observation skills to determine movement impairments in the foot and ankle
- Discover a systematic approach for movement re-education in the foot and ankle to facilitate optimal function of the body's spring system

Duration: 6 hours

CECs: 6



GAIT ANALYSIS



Description

In this course you learn to analyze locomotion patterns that work from our feet, through the legs and hips, into the pelvis, and up the spine into shoulders. Based on the Spinal Engine theory, this course helps you see the gait mechanics as a whole body experience. Your ability to observe how we walk, and understand the intricacies of how movement is integrated as we walk, expands dramatically. You leave with a completely new way of seeing bodies and a repertoire of simple exercises that have profound and positive effects on a person's gait mechanics.

Learning objectives

- Gain an understanding of gait mechanics and its impact on functional movement
- Develop the skills to effectively observe gait mechanics and identify dysfunctional patterns
- Learn to make educated exercise choices to promote positive changes in the gait mechanics
- Practice a repertoire of exercises that positively affect gait mechanics

Duration: 6 hours

CECs: 6

GOLF MECHANICS AND PROTOCOLS



Description

Rotary motion in the body is key to a powerful golf swing. In this course, you learn to analyse the static and dynamic phases of the golf swing and how to address each phase with targeted exercises that are easy to do even on a golf course. The key is balancing the regions of the spine with the hips for better torque.

Learning objectives

- Discover the basics of a golf swing
- Explore key components of an effective golf swing and how human movement is critical to the process
- Learn specific and targeted exercises to improve power and grace in a person's golf swing

Duration: 3 hours

CECs: 3

HANDEDNESS AND SCOLIOSIS

Description

This course covers the characteristics of handedness and scoliosis patterns and how they affect posture and muscle activation throughout the body. You also learn how to apply this knowledge to choosing effective exercise protocols. You leave with fresh observation skills and a new paradigm of understanding spinal mechanics and their influence on both structure and function.

Learning objectives

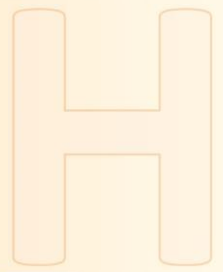
- Learn to assess handedness patterns and their effect on human movement
- Learn to assess scoliotic patterns and their effect on human movement
- Apply anterior/posterior balancing and asymmetrical conditioning to address muscular imbalances

Duration: 6 hours

CECs: 6



HIP REPLACEMENTS



Description

Hip replacement is the most common orthopaedic operation nowadays, and with an aging population this trend is certain to continue. As movement educators we can play an integral role in both the prehab and rehab phases of the hip replacement process. Open to teachers of all levels, this course clarifies what a hip replacement is, when it is recommended, and the issues associated with hip replacement surgery. We also look at a variety of highly recommended exercises and movement techniques for people in the prehab and rehab stages of hip replacement.

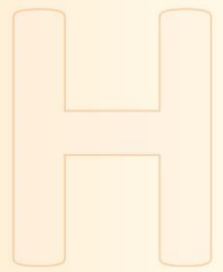
Learning objectives

- Gain an understanding of hip replacements: who qualifies for the operation, what the surgery entails, and the projected outcomes
- Discover how to intervene in the prehab stage of a hip replacement surgery
- Explore ways to help in recovery
- Learn how to help restore function post-surgery

Duration: 3 hours

CECs: 3

HOW TO HELP THE HYPERMOBILE BODY



Description

Experts estimate that up to 10% of the general population may have some degree of hypermobility. Most hypermobile people do not develop any problems from their loose joints, but some suffer chronic pain and other symptoms.” (A. Pocinki, MD, Joint Hypermobility and Joint Hypermobility Syndrome, 2010).

In this course, we start by investigating what hypermobility is, its causes and who is affected. We also review clinical assessments used to determine joint hypermobility, joint hypermobility syndrome and more. We then turn to the symptoms and the dos and don'ts of helping someone manage the condition with safe and effective physical conditioning best practices.

Learning objectives

- Discover what hypermobility is, its causes and who is affected
- Review clinical assessments used to determine the condition
- Learn the dos and don'ts when working with a hypermobile client

Duration: 4 hours

CECs: 4

MAPPING YOUR MUSCLES



Description

This course is all about creating a 3D visual map of where muscles are on a real body-where they attach, what their shapes are and how they contour the body. In addition, we will review the direction of muscle fibres and how important this is to understanding how muscles move us.

A great next step after Anatomy in Motion and an invaluable building block for intermediate and advanced level Continuing Education courses.

Learning objectives

- Learn how to visualize key muscles in three dimensions
- Understand how muscles move the body based on location, origin and insertion points, and direction of fibres
- Apply anatomical theory to movement and guided observation

Duration: 6 hours

CECs: 6



MOVEMENT AND EXERCISE FOR INFLAMMATORY ABD AUTOIMMUNE DISEASE

Description

Auto-immune disease is a condition whereby the immune system mistakenly attacks and destroys its own healthy body tissue(s). There are more than 80 different types of auto-immune disorders. One or many of the following characteristics are typical of all auto-immune disorders: destruction of one or more types of healthy body tissue, abnormal growth of an organ, changes in organ function, inflammation. This course focuses mainly on auto-immune disorders with inflammation leading to limitations in normal movement and function as the main characteristic. Examples of disorders covered are lupus, rheumatoid arthritis, Sjorgen Syndrome and multiple sclerosis..

Learning objectives

- Learn what inflammatory and auto-immune disorders are
- Find out how these disorders limit movement and function
- Practice strategies and exercises appropriate for clients with these types of conditions

Duration: 6 hours

CECs: 6

MOVEMENT AND EXERCISE FOR PREGNANCY



Description

This course combines the latest research on pregnancy and exercise. You learn about the physiological changes that pregnant people experience and how to support them with a Pilates-based conditioning program. We focus on how to modify Pilates for the specific needs of pregnant people so you have a clear understanding of what to do at each stage of pregnancy. Special attention is paid to the birthing muscles, common complaints and contraindications. You leave with the confidence to teach people at every stage of pregnancy.

Learning objectives

- Learn about the body during pregnancy: changes, considerations for movement and exercise, and contraindications
- Explore ways to make Pilates-based exercise safe and effective for pregnant people
- Discover specific exercises that address the unique needs of people during and after pregnancy

Duration: 6 hours

CECs: 6

MYOFASCIAL LINES OF MOVEMENT



Description

Drawing on the historic and contemporary frameworks of les chaines musculaires, Anatomy Trains, and GDS (Godelieve Denys Struyf), this course helps you navigate several different conceptions of myofascial lines in the body from a movement education perspective. Using Pilates-based exercises, we put these criss-cross lines of movement to work to optimize their functioning. The overall objective is to help teachers see systemic patterns for movement in the body, followed by a review of key exercises to target each one.

Recommended reading: Anatomy Trains by Thomas Myers

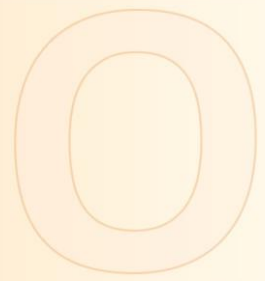
Learning objectives

- Explore the links and history of the myofascial lines and how they inform our current context
- Learn to see the human body in terms of several different myofascial perspectives
- Practise and apply moving along the myofascial lines from different schools
- Compare and understand the differences between myofascial and locomotor lines of movement

Duration: 12 hours

CECs: 12

OSTEOPENIA, OSTEOPOROSIS AND ORTHOPAEDIC HEALTH



Description

Today osteoporosis is reaching epidemic levels. This presents a challenge from a movement, strength and flexibility perspective. As movement and exercise professionals we need to choose appropriate exercises that keep people safe and reduce risk factors associated with osteopenia and osteoporosis. This course is packed with current information and analysis of these conditions. It also offers a detailed map of how to ensure the exercises you teach are bone safe and effective for building bone density. You leave equipped with tools to work proactively with the specialized needs of people with osteopenia and osteoporosis.

Learning objectives

- Understand the risks associated with osteopenia and osteoporosis
- Learn safety protocols when working with clients who have osteopenia and osteoporosis
- Learn how to make educated exercise choices for bone safety and health
- Experience appropriate exercises to promote bone health and safe movement

Duration: 6 hours

CECs: 6

PAIN 101

Description

Chronic pain is challenging and complex, and is a common reason why clients try Pilates. This course focuses on the key role the nervous system plays in pain. Understanding of neuroplasticity and the “brain in pain” guide our discussion about strategies for working with clients who have pain.

Learning objectives

- Learn new considerations in the continuum of the pain cycle
- Determine how movement and exercise affect pain
- Find out how to assess your movement and exercise choices for clients living with pain

Duration: 3 hours

CECs: 3



PILATES ARC REPERTOIRE

Description

The Pilates arc is uniquely designed to challenge your body to find new ranges of motion in the spine, hips and shoulders while optimizing support. This piece of Pilates equipment is deceptive. Many of the exercises look straightforward—more or less like floor exercises on an odd looking apparatus. However, as you learn to interact with the arc, deep sensations of muscle activation can be humbling. It is the positioning of the body in relation to the arc that makes the difference, and this course is all about exploring what that means. The brilliance of the Pilates arc gets overlooked, and as we delve into the repertoire, you get to experience the arc's magic, how aligned and strong you can feel, and how select exercises leave you feeling transformed.

Learning objectives

- Learn the complete Pilates arc repertoire
- Explore modifications and variations
- Discover specific exercises, their application, and ways to assess progress
- Discover safe and effective ways to integrate the Pilates arc into one-on-one sessions or group classes

Duration: 12 hours

CECs: 12

POST-NATAL RECONDITIONING AND DIASTASIS RECTI REPAIR

Description

Post-natal core training is not only about regaining a flat tummy for appearance sake. The process is often complicated by diastasis recti—thinning of the tissue between the right and left sides of the rectus abdominis muscle—a condition that often contributes to lower back, shoulder and pelvic floor issues, both during and after pregnancy. The good news is that we can help restore the integrity of the rectus abdominis through specialized exercise-based intervention. This course combines the latest research on diastasis recti and exercise. The focus is on the causes and how to restore the core with a Pilates-based conditioning program, modified to the needs of post-natal people with diastasis recti. You will leave with a clear understanding of what the condition is, how to identify it, and how to help clients work with and recover from it.

Learning objectives

- Learn to identify and test for diastasis recti
- Explore the importance of breath work and a step-by-step protocol to retrain it for restoration of strength and resilience to the body's core
- Learn pivotal movements and exercises to recondition the abdominal wall when diastasis recti is present

Duration: 6 hours

CECs: 6

POST-REHAB PROTOCOLS: HIP AND KNEE

Description

Starting with a review of the anatomy of the hip and knee plus all the muscles that wind around the pelvis, thigh and hip, we move on to examine which muscles are local and global and how to apply this information to movement. From there we consider subjective and objective evaluations of all the compartments of the lower limb. A major focus is two main functions of the lower limb: sit to stand and gait—how to assess these key functions and what to do to improve their execution. We also spend time on functional movement in general and common conditions of the lower limb—pelvis, hip and knee—as well as Sahrman’s 11 movement impairments of the pelvis and hips. We conclude with a plan of action to restore optimal function and movement.

Learning objectives

- Gain a systematic and in-depth understanding of the lower limb
- Learn both methodical and creative ways to approach movement impairments in the pelvis, hip and knee
- Explore a variety of exercises that go beyond the Pilates repertoire, and push the envelope in terms of restoring optimal function and movement

This course is part of a series of post-rehab protocol courses for the spine, hip and knee and shoulder complex. The curriculum includes functional anatomy, assessment, critical reflection, and a step-by-step program design with innovative exercises using mat, small props and Pilates machines. The series is key for any teacher searching for new ways to observe movement patterns and offer targeted exercises. The three courses in the series can be taken individually or in any sequence.

Duration: 12 hours

CECs: 12

POST-REHAB PROTOCOLS: SHOULDER

Description

A detailed review of the anatomy of the shoulder girdle sets the stage for understanding dynamic stability of the upper limb and torso. We look at each joint and muscle in the shoulder blade, collar bone and arm bone and their contribution to scapulohumeral rhythm, the coordinated movement of all three parts of the shoulder complex. We then apply this information to movement impairments of the scapula and humerus as well as common conditions of the shoulder complex and conclude with a plan of action using Pilates-based exercises and more to restore optimal function and movement.

Learning objectives

- Gain a systematic and in-depth understanding of the upper limb system
- Learn both methodical and creative ways to approach movement impairments in the shoulder complex
- Explore a variety of exercises that go beyond the Pilates repertoire and push the envelope in terms of restoring optimal function and movement

This course is part of a series of post-rehab protocol courses for the spine, hip and knee and shoulder complex. The curriculum includes functional anatomy, assessment, critical reflection, and a step-by-step program design with innovative exercises using mat, small props and Pilates machines. The series is key for any teacher searching for new ways to observe movement patterns and offer targeted exercises. The three courses in the series can be taken individually or in any sequence.

Duration: 12 hours

CECs: 12

POST-REHAB PROTOCOLS: SPINE

Description

In this workshop we take an in-depth look at the structure of the spine and all the muscles that segmentally support, control and move the different spinal regions. We focus on functional movement in the spine as well as the role and contribution of the local and global muscle systems throughout the body. We explore 12 features of imbalanced activity in the local and global systems and what to do in a movement context to restore balance between the systems. We conclude by applying all this information to common spinal dysfunction and pain and posture patterns and creating a plan of action to move toward optimal function and movement.

Learning objectives

- Gain a systematic and in-depth understanding of the spine
- Learn both methodical and creative ways to approach movement impairments in the spine
- Explore a variety of exercises that go beyond the Pilates repertoire, and push the envelope in terms of restoring optimal function and movement

This course is part of a series of post-rehab protocol courses for the spine, hip and knee and shoulder complex. The curriculum includes functional anatomy, assessment, critical reflection, and a step-by-step program design with innovative exercises using mat, small props and Pilates machines. The series is key for any teacher searching for new ways to observe movement patterns and offer targeted exercises. The three courses in the series can be taken individually or in any sequence.

Duration: 12 hours

CECs: 12

POSTURAL ANALYSIS FOUNDATION

Description

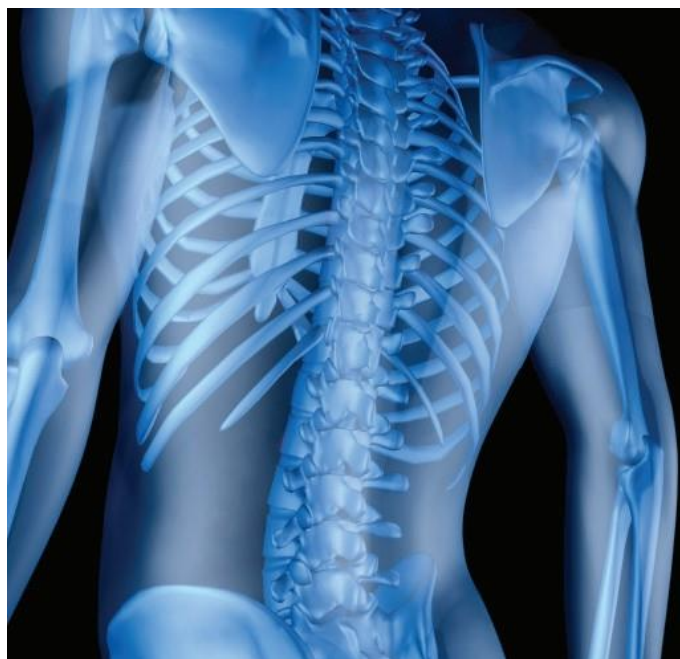
This course is all about posture and postural patterns. We work interactively to look at posture from head to foot. You learn how to observe postural patterns from several perspectives and take away key exercises to help improve a person's structure at every major joint of the body.

Learning objectives

- Learn a methodical approach to observing static postural patterns from a variety of perspectives
- Observe your peers to see living examples of postural patterns and how they play out in real life
- Learn a universally balanced protocol to re-pattern posture that has positive effects on both static posture and dynamic movement

Duration: 12 hours

CECs: 12



POSTURAL ANALYSIS-ADVANCED



Description

In this course, we trace the origins of our postural patterns back to the womb. We look closely at holding patterns in the body that impact many of the common complaints we hear from clients, as well as postural misalignments we often observe. You leave with new perspectives on what creates postural imbalances and how to manage them effectively to promote structural changes.

Learning objectives

- Expand your understanding and observational skills of universal postural patterns
- Learn specific postural deviations at every major joint in the body
- Apply exercise protocols to address both universal and specific postural deviations

Duration: 12 hours

CECs: 12

POWER AND BALANCE FOR HIP AND KNEE

Description

The hip and knee are intimately connected in terms of movement mechanics, our sense of equilibrium, and, very often, movement impairments. In this foundational biomechanics course, we use an array of visuals and exercises to address this area of the body. A major focus is how to integrate the legs into the pelvis and torso for optimal function.

Learning objectives

- Review and expand your understanding of the structural anatomy of the lower extremity including pelvis, hip and knee
- Understand essential functional anatomy of the hip and knee
- Learn an exercise conditioning sequence to build power and balance in the hip and knee

This course is one in a 3-part biomechanics series consisting of Build a Strong and Supple Spine, Power and Balance for Hip and Knee, and Simplifying the Shoulder Complex. The series explores the three major areas of the body that significantly impact overall function and focuses on how to observe movement mechanics in these areas so you can offer meaningful instruction on how to move better.

Duration: 3 hours

CECs: 3

PRE- AND POST-REHAB SOLUTIONS FOR KNEE REPLACEMENTS AND ACL RECONSTRUCTION

Description

Knee surgeries are commonplace for young, older, active and deconditioned populations. The numbers are exploding and candidates need help prior to and after surgery. In this course you review the knee anatomy and biomechanics as they relate to the context of common knee surgeries. You explore total knee replacement—what it is, when it is recommended, and what to expect in recovery. You will also learn about anterior cruciate ligament (ACL) reconstruction—mechanisms of knee ligament injury, what surgery involves and expected outcomes. You leave equipped with exercises for the pre-hab and post-rehab stages, as well as simple movement techniques for knee injury prevention.

Learning objectives

- Gain knowledge of knee replacements and ACL reconstruction—what those surgeries involve and expected outcomes
- Learn exercises and protocols for the pre- and post-rehab stages
- Explore ways to prevent knee injury for active clients

Duration: 3 hours

CECs: 3

REHABILITATIVE EXERCISE: PRINCIPLES AND APPLICATION



Description

In this course, you learn principles of rehabilitative exercise and how to use these for therapeutic interventions that complement your Pilates and movement practice. You will leave knowing how to restore the greatest degree of function in the shortest time, and how to develop rehabilitation programs within the Pilates context that are appropriate for any client. Key concepts include: co-contraction, load, mechanical loading, mobility, motor control and motor skill learning, physical stress, progression, proprioception, stability.

Learning objectives

- Understand how tissues respond to physical stress and mechanical loading
- Clearly identify and map the stages of exercise rehabilitation

Duration: 6 hours

CECs: 6

RESISTANCE APPARATUS: PILATES PROPS WITH PURPOSE



Description

This course focuses on three pieces of resistance apparatus: toning balls, Pilates circle, stretch bands. Resistance apparatus can be used in ways that not only build strength, but also facilitate optimal range of motion in the joints. You learn how and why resistance apparatus is important in the quest for a strong core and integrated support in hips, shoulders and upper torso. You become equipped with conceptual and kinesthetic understanding that helps you deliver resistance exercises in a whole new way. You also learn how to work from centre to periphery and vice versa to integrate both.

Learning objectives

- Practise a variety of exercises using toning balls, Pilates circle and stretch bands
- Learn how to use resistance apparatus for positive strength outcomes without compromising joint mobility or flexibility
- Determine effective strategies for integrating resistance apparatus into one-on-one sessions and group classes

Duration: 6 hours

CECs: 6

RUNNING MECHANICS AND PROTOCOLS



Description

This course reviews efficient and inefficient running techniques and their effects on stride, endurance and injury prevention. You leave with simple techniques and exercise sequences that allow you to effectively address the challenges your clients face as they hit the pavement. Your running clients learn to run taller and stronger, with a stride that is longer and more fluid.

Learning objectives

- Gain an understanding of different running techniques so you are able to assess what works for and against your running clients
- Learn to observe efficient and inefficient technique
- Experience exercises designed to restore fluidity, grace and power to the runner's stride

Duration: 4 hours

CECs: 4

SACROILIAC JOINT: THE CRITICAL, FUNCTIONAL LINK

Description

Optimal functioning of the sacroiliac joint is essential for a happy back, hips and knees. Learn techniques to understand how the SI joint is functioning in your clients, along with exercise progressions to address common issues of hypermobility, hypomobility and pelvic imbalances.

Learning objectives

- Learn how the sacroiliac joint functions
- Discover why the sacroiliac joint is such a critical link in the centre of the body
- Experience key exercises to optimize the functioning of the sacroiliac joint

Duration: 6 hours

CECs: 6



SELF-CARE STRATEGIES FOR JAW PAIN



Description

The temporomandibular joint (TMJ) is central to basic functions like talking and chewing. Increased stress can lead to clenching your jaw or grinding your teeth, which often lead to TMJ problems. In this two-hour course, you will explore the relationship between TMJ dysfunction, neck posture, and headaches. You will also learn techniques to aid common issues like jaw tension and clicking.

The course is open to movement and health professionals, as well those who suffer from (or know someone who suffers from) TMJ problems.

Learning objectives

- Explore the unique anatomy and mechanics of the TMJ
- Gain an understanding of the interrelationship of TMJ dysfunction, craniometrical posture, and jaw, neck, and head pain
- Learn self-care strategies to help with jaw pain, clenching, and clicking
- Practice exercises to optimize TMJ movement and function

Duration: 2 hours

CECs: 2

SIMPLIFYING THE SHOULDER COMPLEX

Description

The shoulder complex is exactly that; complex! In this foundational biomechanics course, we start with both visual and experiential reviews of the shoulder region to increase your skills of observation and assessment. You learn to identify postural deviations, imbalances, and timing incongruities that are often underlying issues in the neck and shoulder. We practice simple exercises that help integrate the shoulder complex into torso for better overall support and dynamic movement.

Learning objectives

- Review and expand your understanding of structural anatomy of the shoulder complex
- Understand how the different parts of the shoulder complex function together
- Learn an exercise conditioning sequence for the shoulder complex to build optimal mechanics

This course is one in a 3-part biomechanics series consisting of Build a Strong and Supple Spine, Power and Balance for Hip and Knee, and Simplifying the Shoulder Complex. The series explores the three major areas of the body that significantly impact overall function and focuses on how to observe movement mechanics in these areas so you can offer meaningful instruction on how to move better.

Duration: 3 hours

CECs:3

STRENGTH, BALANCE AND FALL PREVENTION FOR ACTIVE AGING

Description

In this course we investigate key considerations for seniors and exercise: types of conditions that affect musculoskeletal health with age, issues related to dexterity, and, certainly, balance training. You leave with actual class plans that are engaging, fun, safe and well-rounded.

Learning objectives

- Develop a clear framework of what seniors need and expect from exercise
- Discover the do's and don'ts when it comes to exercise protocols for seniors
- Learn functional exercises and innovative ways to plan classes that meet the needs of people as they age

Duration: 6 hours

CECs: 6





STRENGTH TRAINING: PRINCIPLES AND APPLICATION

Description

People love feeling strong and aligned, and they gain a sense of accomplishment when they exceed their strength limits. In a traditional Pilates and movement mat class, body-weight exercises are a staple and proven to be an effective way to build strength. When it is time to increase the challenge, or when body-weight exercises are inappropriate, the addition of free weights helps people build strength and confidence.

Learning objectives

- Understand principles and effects of strength training
- Know the dos and don'ts when adding free weights
- Discover specific exercises, their application, and ways to assess progress
- Learn how to properly incorporate strength training into a Pilates and movement mat class

Duration: 4 hours

CECs: 4

SUCCESSFUL STRATEGIES FOR TEACHING ONLINE



Description

This world needs your expertise and care. Your knowledge and emphasis on movement education—planned with respect for people’s abilities, and permission to set different parameters depending on the day—is critical to helping people feel calm and resilient in these uncertain times. Never underestimate the essential role you play in helping people stay well!

These two hours are tailored for you if...

- You love what you do, but feel anxious about how to proceed over the next 12-18 months
- You lack motivation but want to reignite your passion for your work
- You can’t quite envision how you will work in the “new normal” reality
- You worry that your work won’t be viable and that you won’t make enough income
- You hate working virtually, but know you will have to suck it up to make your work viable
- You don’t know how to budget for the coming year given the uncertainty
- You don’t feel you have the expertise to work with a hybrid of teaching virtually and in-person

Learning objectives

- How to map out and project revenue for a hybrid practice
- Marketing—what to do and what not to do
- Learn to implement a client care system regardless of the size of your practice

Duration: 2 hours

CECs: 2



SUCCESSFUL STRATEGIES FOR TRAINING MALE CLIENTS

Description

In this course, we look at key ways to communicate with male clients so that a mind-body approach to exercise makes sense to them. We zero in on exercise sequences that draw male attention and relate to sports and other activities males love. Learning objectives.

Whether they are weekend warriors, true athletes or back pain sufferers, males have been underrepresented in our classes for too long, missing out on the profound benefits of connecting the mind to the body. We also look at some of the typical physical challenges males face in female-dominated classes and trace these to biomechanical characteristics unique to males.

Learning objectives

- Learn how to communicate effectively with males in the Pilates context for optimal results
- Examine the unique structure of the male body that makes certain positions, movements and exercises frustrating and difficult for males
- Discover ways to design a class to target males, their expectations, strength, flexibility and postural needs

Duration: 3 hours

CECs: 3

SWIMMING MECHANICS AND PROTOCOLS



Description

In this course we explore the body mechanics specific to swimming together with the ensuing movement impairments that tend to surface for swimmers. The spine, hips and shoulder girdle are emphasized as we review what the swimmer needs to succeed, and how Pilates-based conditioning can make a difference in both the short and long term.

Learning objectives

- Determine the major objectives for cross training for swimmers
- Gain an understanding of the primary injuries experienced by swimmers and how Pilates-based cross training can help
- Learn exercises to enhance a swimmer's performance while reducing risk of injury

Duration: 3 hours

CECs: 3

THE MOTOR SYSTEM



Description

The planning, initiation and execution of movement involves intricate communication within the brain and spinal cord. This course explores the motor systems in the brain responsible for our everyday movement and functioning. We examine the anatomy and organization of these pathways, investigate how they function, and the role they play in motor control

You will gain a broader knowledge of how the nervous system communicates and executes motor commands, so that you can build targeted programs for clients, adjust cueing, and refine exercises based on their response to movement.

Learning objectives

- Gain a basic understanding of the neuroanatomy and physiology of the motor systems, including brain regions such as the basal ganglia, cerebellum, brainstem, and cerebral cortex
- Learn how the brain plans, initiates, and executes voluntary movements, as well as the factors influencing movement precision and motor learning
- Learn practical strategies and exercises that target specific regions of the brain involved in motor control

Duration: 4 hours

CECs: 4

THE SENSORY SYSTEM AND THEIR ROLE IN MOTOR CONTROL



Description

The human experience is shaped by our ability to perceive the world around us through our senses. Without sensation we would be unable to recognize our surroundings or move efficiently within it. This course provides an exploration of the sensory systems responsible for perceiving and processing sensory information from the body through the spinal cord to the brain. We will examine the anatomy and organization of these pathways, and learn how the brain integrates sensory information to form our body awareness and influence movement.

A deeper understanding of the sensory systems will help you to build targeted programs for clients, improve their body awareness or sense of self, and tailor exercises based on their response to movement. When clients feel more integrated and connected, there is a change in movement expression.

Learning objectives

- Explore the neural pathways responsible for conveying sensory information such as vision, touch and movement to the cerebral cortex for processing
- Learn how the brain processes sensory input and integrates it to shape our motor behaviors
- Learn practical strategies and exercises to improve sensory integration, producing better actions

Duration: 4 hours

CECs: 4

THE SOMATIC NERVOUS SYSTEM AND THE SENSORY RECEPTORS



Description

The somatic nervous system is a division of the peripheral nervous system and serves as a vital communication bridge between the brain, spinal cord, and the rest of the body. It plays a crucial role in the transmission of sensory information and the control of motor activity. Sensory receptors situated throughout the body are key players in this process. Without them, we would be unable to perceive our surroundings or interact with our environment effectively.

In this course, we will cover the major types of sensory receptors that are relevant to motor control, and how the somatic nervous system contributes to our overall functioning. You will learn cueing and exercises specific to each type of sensory receptor in order to draw targeted responses from your clients.

Learning objectives

- Understand the basic neuroanatomy of the somatic nervous system in relation to motor control
- Learn about the different sensory receptors in the body that influence movement and perception
- Learn examples of exercises and exercise sequences specific to each sensory receptor

Duration: 4 hours

CECs: 4

TOWARDS A HEALTHY PELVIC FLOOR



Description

Pelvic floor health proves to be a huge factor in everything from SI joint and back pain to pelvic and hip issues of all sorts. Join us in this course to demystify the layers of muscle and fascia that comprise the pelvic floor and to review its functional relationship to the rest of the body. You leave with a clear understanding of the pelvic floor's supportive role and a set of the best practices to condition this area of the body. Learning objectives.

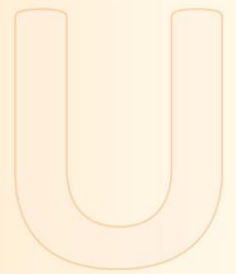
Learning objectives

- Learn anatomy of the pelvic floor
- Gain an understanding and appreciation of how the pelvic floor works in relation to the rest of the deep core support system of the body
- Discover specific pelvic floor exercises and how to assess which ones to use, when and with whom

Duration: 6 hours

CECs: 6

ULTIMATE MAT: REPERTOIRE PLUS



Description

Take your Pilates mat instruction to the next level! We start with the intermediate and advanced classical repertoire and explore ways to make these exercises effective for the average person. We find ways to make the Classics challenging yet functional and fresh every time so that your participants leave invigorated and tension-free. You leave with new ways to teach the old tricks!

Learning objectives

- Review and expand your knowledge of the Pilates classical mat repertoire
- Learn how to use intermediate and advanced Pilates classical mat exercises for therapeutic outcomes
- Practice the intermediate and advanced Pilates classical mat repertoire for refinement and movement integration
- Recommended reading: Body Harmonics Mat Foundations and Mat Classics & Innovations manuals

Duration: 6 hours

CECs: 6



ULTIMATE REFORMER: REPERTOIRE + JUMPBOARD



Description

Take your reformer classes to the next level! After reviewing the intermediate and advanced Pilates reformer repertoire, we learn how to refine movements and add challenge to the exercises your clients already love. We also incorporate the jumpboard for a cardio element. You leave with tons of ideas to help reignite your clients' passion for the reformer.

Learning objectives

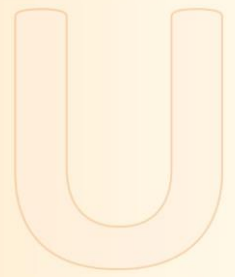
- Review and practice the intermediate and advanced Pilates repertoire
- Determine value of these exercises for both athletic and rehab contexts
- Learn the jumpboard sequences to infuse a cardio component into your reformer one-one-one sessions and group classes

Recommended reading: Body Harmonics Reformer Foundations, Intermediate and Advanced manuals

Duration: 6 hours

CECs: 6

UNLOCK THE MIGHTY AND MYSTERIOUS PSOAS



Description

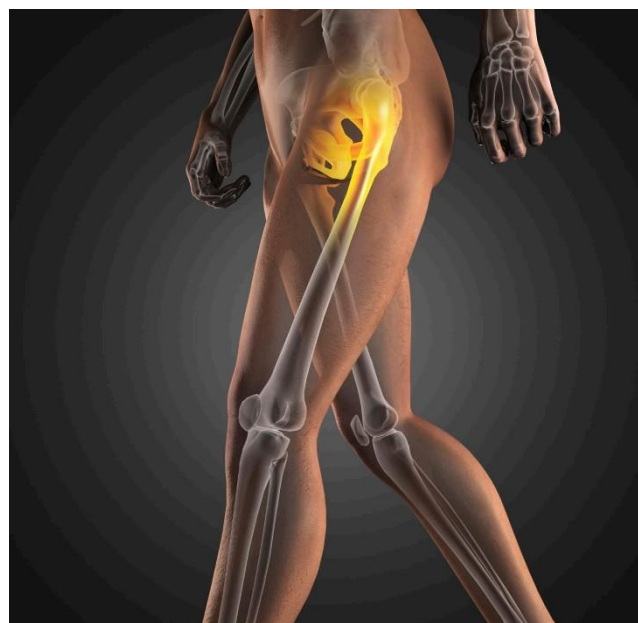
Central to the body, the psoas is considered by many to be the muscle of integration between the legs, pelvis and spine. In this course, we explore how the psoas affects posture and alignment and how it acts as antagonist unto itself. You learn how to work with this elusive muscle to help restore optimal function from the centre of the body outwards.

Learning objectives

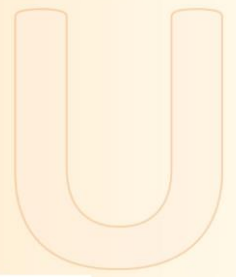
- Gain an understanding of anatomy and biomechanics of the psoas
- Explore how the psoas functions in relation to other muscles to create balance and integration
- Learn the major functions of the psoas
- Practice and apply a plan of action to restore optimal function in the psoas

Duration: 6 hours

CECs: 6



UPPER CERVICAL SPINE



Description

In the Cervical Spine Mechanics and Protocols course, we point out the difference between the upper cervical spine and the rest of the neck. In this course, we delve deeper into how the upper cervical spine works and look at specific issues that relate to and often originate in the top vertebrae of the neck, including dizziness and headache. We explore cervical proprioception and focus on the need for more stability from our deep neck flexors—the “core” of the neck. You leave with new and specific ways to help people with neck, and particularly upper neck, issues.

Learning objectives

- Expand your understanding of upper cervical spine anatomy, especially the deep neck flexors
- Explore the role of the cervical spine in dizziness and headache
- Learn specific exercises that condition the neck “core” to add stability
- Develop strategies to improve cervical proprioception

Duration: 3 hours

CECs: 3

VERTICAL REPERTOIRE



Description

Join us for a totally new way into the body's core! Vertical Pilates is smart, functional and versatile. You can use this repertoire with almost every type of client, and the best part is vertical exercises get people up and off the mat. Dynamic and fresh, people love the standing work because they get to sweat! All of a sudden mat classes take on a whole different dimension.

Learning objectives

- Practise the complete Pilates vertical repertoire
- Learn how demonstration is critical when teaching vertical exercises
- Discover simple cueing techniques to help people support themselves in the upright position
- Learn to create intensity and challenge in group classes by layering in the Pilates Vertical repertoire

Duration: 12 hours

CECs: 12

WORKING WITH MULTIPLE SCLEROSIS



Description

There are more than 2.8 million people worldwide living with Multiple Sclerosis (MS). Multiple sclerosis is an inflammatory demyelinating condition where the immune system attacks the central nervous system, thus affecting its ability to communicate and control the rest of the body. In MS, these “attacks” appear at different times and in different areas of the nervous system. Therefore, everyone’s experience with MS is different and their symptoms can vary along a wide spectrum of visual, cognitive, balance, motor, and sensory deficits.

In this course we will discuss the causes and types of Multiple Sclerosis, management of symptoms, exercise design, and how to maximize their movement potential.

Learning objectives

- Gain an understanding of the neuroanatomy and neurophysiology underlying the causes, types and symptoms of Multiple Sclerosis
- Learn tips and strategies on how to manage common symptoms and sensorimotor impairments such as spasticity, hypotonia, pain, perceptual deficits, weakness and tightness
- Learn about exercise design focusing on core control, mobility, strength, balance and gait
- Learn how to promote change (neuroplasticity) in movement patterning and motor learning to enhance their movement potential

Duration: 3 hours

CECs: 3

WORKING WITH PARKINSON'S DISEASE



Description

Parkinson's Disease (PD) is a progressive, neurodegenerative condition where certain areas of the brain lose the ability to produce dopamine, a neurotransmitter that is involved in many bodily functions including movement, memory, digestion, mood, attention, sleep and more. More recent findings have shown that a reduction in serotonin levels also plays a role in Parkinson's Disease.

Statistics suggest that Parkinson's Disease affects more than 6 million people worldwide. Which symptoms, when they present and how they progress is unique to each individual. Motor symptoms typically include tremor, slowness, rigidity, gait and/or balance problems but non-motor symptoms can also be present.

In this course we will explore what Parkinson's Disease is, management of symptoms, exercise design, and how to maximize the movement potential for those living with Parkinson's Disease.

Learning objectives

- Gain an understanding of the neuroanatomy and neurophysiology underlying the causes, types and symptoms of Multiple Sclerosis
- Learn tips and strategies on how to manage common symptoms and sensorimotor impairments such as spasticity, hypotonia, pain, perceptual deficits, weakness and tightness
- Learn about exercise design focusing on core control, mobility, strength, balance and gait
- Learn how to promote change (neuroplasticity) in movement patterning and motor learning to enhance their movement potential

Duration: 3 hours

CECs: 3

WORKING WITH SPINAL CORD INJURIES



Description

Spinal cord injury refers to any damage to the spinal cord from trauma, disease, or a degenerative disorder. The spinal cord is part of the central nervous system and is a bundle of nerves living in the spinal column that transmits messages between the brain and the rest of the body. After a spinal cord injury, messages between the brain and the body may become fully or partially blocked.

Symptoms of spinal cord injury depend on the severity of injury, level of injury and its location within the spinal cord. Symptoms may include partial or complete loss of sensory function or motor control of the arms, legs and/or trunk, pain, changes in respiration, bowel/bladder dysfunction and autonomic dysfunction.

Learning objectives

- Gain an understanding of the neuroanatomy and neurophysiology underlying the causes, types and symptoms of spinal cord injuries
- Learn tips and strategies on how to manage common symptoms and sensorimotor impairments such as spasticity, hypotonia, pain, perceptual deficits, weakness and tightness
- Learn about exercise design focusing on core control, mobility, strength, balance and gait
- Learn how to promote change (neuroplasticity) in movement patterning and motor learning to enhance their movement potential

Duration: 3 hours

CECs: 3

WORKING WITH STROKE



Description

Globally, there are over 101 million people currently living with a stroke and over 12.2 million new strokes occur each year. A stroke is caused by a disruption in blood flow to a part of the brain when a blood vessel either ruptures or becomes blocked resulting in some sort of brain damage. The impairments and disability that a person with a stroke experiences is widely variable and depends on the size of the brain lesion and which part(s) of the brain are damaged.

Learning objectives

- Gain an understanding of the neuroanatomy and neurophysiology underlying the causes, types and symptoms of spinal cord injuries
- Learn tips and strategies on how to manage common symptoms and sensorimotor impairments such as spasticity, hypotonia, pain, perceptual deficits, weakness and tightness
- Learn about exercise design focusing on core control, mobility, strength, balance and gait
- Learn how to promote change (neuroplasticity) in movement patterning and motor learning to enhance their movement potential

Duration: 3 hours

CECs: 3

WUNDA CHAIR REPETOIRE



Description

The Wunda Chair was originally designed by Joseph Pilates as a portable apparatus with a small footprint and compact size. Exercises are performed from every angle and every side of the apparatus in seated, standing, lying down and kneeling positions. At first look, it may be difficult to imagine the versatility of the chair, but once you try, you'll find yourself in a variety of positions, moving through different planes of motion with your entire body engaged in every exercise. Unlike the reformer or Cadillac, the chair requires full body control and balance in even the most basic exercises. Does that mean the chair is only appropriate for advanced conditioning? In fact, at Body Harmonics we often choose the chair over other apparatus to re-educate faulty timing and movement patterns from head to toe and regularly use it with people in the post-rehab stage of healing.

This 12-hour course is divided into three, four-hour segments spread over three weeks. You work with the entire chair repertoire of Foundation, Intermediate and Advanced exercises in a format that is a mix of theory and application with lots of doing and moving. You will be led through master classes each week and have the opportunity to deconstruct exercises, as well as to analyze key biomechanical principles and concepts. You will leave with an understanding of how to use the chair with a variety of client needs and goals.

Learning objectives

- Gain experience and understanding of the complete chair repertoire
- Learn how to use chair exercises for a variety of outcomes from athletic challenge to post-rehabLearn about exercise design focusing on core control, mobility, strength, balance and gait
- Develop a functional approach to be able to use the chair repertoire promote optimal movement, strength and balance

Duration: 12 hours

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CECs: 12



**MOVEMENT
MATTERS
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Pilates. GYROTONIC® Method

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