



Polestar Pilates 2nd Australasian Conference

26th-28th February 2010

Presentation, Workshop and Class Descriptions

Main Presentations - 2.5 hrs

Brent Anderson - Pilates for Parkinson's and Multiple Sclerosis

Pilates can be a very useful intervention for patients with neurological diseases such as Parkinson's and Multiple Sclerosis. Because of the unique assistive properties of the Pilates Method and the Pilates equipment, and the emphasis on balance and core control, clients can decrease their stiffness and balance challenges common to these conditions. Learn how to create a group class for clients with Parkinson's and Multiple Sclerosis and how to utilize the community to help with the cost of providing such a valuable service. Join Master Pilates teacher and doctor of physical therapy Brent D. Anderson for a refreshing new approach for working with degenerative diseases.

Deborah Lessen - Performance: An essential element in Pilates training

• How do we define performance? • Is it a necessary element in movement training? • How do we teach it?

Carol M Davis - Subtle Energy: the Medicine and Health Care of this Century

• What is subtle energy? • What is "bioenergetics"? • What is energy medicine? • What is the "new science"? • How are these concepts a part of complementary and alternative therapies? • How do energy fields work in concert to govern fundamental biological processes? • How do they relate to eastern concepts such as "ch'i" and chakras and auras?

Workshops - 2hrs

Dawnna Wayburne - Confrontation with Gravity

Human beings are able to stand upright due to the ability of our skeletons to support our weight. Moshe Feldenkrais used to say that the function of the skeleton is to cancel gravitational force and facilitate movement. (Joseph was very much of the same opinion.) The configurations of movement in this programme are taken from patterns of evolutionary mobilization with the aim of awakening the resourcefulness of "the organism" to invent efficient solutions on its own.

Shelly Power - Stretch Your Mind and Body with the New EXO Chair

Increase your repertoire with the Exo Chair. Elastic bands provide both resistance and resistance which enhance the existing chair exercises and lead the way to a new set of chair exercises. Many mat and equipment movements can also be included to provide for a well rounded workout for small to medium sized groups of people.

Dav Cohen - The Science of Strength

Do you remember your first few Pilates classes and the soreness in your muscles the next day? Do your muscles still get sore after a Pilates session? Greater strength, power and endurance can be the result of performing Pilates exercise but an understanding of the neuromuscular and musculoskeletal factors which contribute can be invaluable to increase the effectiveness of your teaching. Joseph Pilates said "If you faithfully perform your Contrology exercises... you will develop muscular power with corresponding endurance, ability to perform arduous duties, to play strenuous games, to walk, run or travel long distances.." In this workshop we will explore (and experience firsthand!) the neuromuscular and musculoskeletal factors which contribute to increased muscle strength and endurance.

Rosalba Courtney - Dysfunctional Breathing: what is it, why do so many people have it, how do you fix it ???

Breathing contributes to regulation of muscle balance, speech, emotional expression, and body chemistry and arousal levels in the nervous system. Dysfunctional breathing (DB) can have a significant impact, it is also very common, yet it is often undetected and not corrected. Recognizing DB and understanding what causes it are prerequisites to correcting it.

Audrey Ng - Pilates for Soccer Players

Audrey works with the Perth Glory football club and has designed this fun workshop around the demands of what a soccer player requires at an elite level. Experience the benefits that Pilates offers elite football players like David Beckham who have incorporated it into their training regime.

Carol M Davis - Myofascial Release

Energy-based myofascial release is a manual therapy aimed at releasing restrictions in the fascial connective tissue matrix so that pressure can be relieved from pain sensitive structures. In addition, we believe that the sustained pressure of myofascial release frees up scars and restricted fascia which then facilitates the flow of ch'i, in addition to the flow of blood, lymph, nervous stimulation, neurotransmitters, neuropeptides, steroids and hormones. This improved flow insures homeostasis and self regulation so that the body/mind can heal itself and maintain health.

Darren Stojanovic - Maximising performance and minimising injury in runners

This 2 hour workshop is an introduction on how to work with runners. Combining practical and theory, we will analyse the biomechanics of running, pelvic motion, important factors to maximise performance and specific pilates exercises to use with runners.

Kimberley Garlick - Pilates for Children

Pilates for Children is an innovative and fun workout aimed at primary school aged children. Learn how to communicate the Pilates method to children in a manner that will have the kids hooked on Pilates and movement. This is a 2 hour taster of a one day course that comes with a manual. Have fun going back to your childhood.

Jeff Morrison - The WHY Axis

"All motion is matter in action" A.T Still. Spinal motion is described as rotations around and translations along an axis as the vertebral body moves along one of the cardinal planes. Physics, plain and simple. Physics is one of the most fundamental of all sciences and really it is one of the foundations of what we all do regardless of our therapeutic backgrounds. Not a physics lecture but an Osteopathic approach to movement, function and performance of not just our clients but of ourselves. This presentation will discuss basic concepts using some very different "models".

Round Table Topics - 1hr

Dawna Wayburne - The Body as a way of Protecting and Nurturing our Learning Systems

More and more science is recognizing the importance of whole body/mind integration. In the "old" days children played, sang, verbally interacted with other people and were encouraged in their curiosity to climb trees and be physically active. Today with more limited sensory-motor experiences we are coming to grasp that movement experiences are the fertile soil for continued brain development. Learning, creativity and intelligence are not processes of the brain alone but of the whole body. It's our body that feeds our brain environmental information from birth and from which we then build our experiences. This round table discussion will address the fact that learning is not "all in your head" and how we can utilize our movement background to enhance brain development, laying down neural patterns that will advantage us into late life.

Brent Anderson - Discovering the Spirit IN Pilates

Enjoy a lunchtime discussion with Dr. Anderson about "discovering the spirit" in the Mind, Body and Spirit connection. Pilates sessions often focus on the mind and the body but leave out the spiritual component. Discussion will include the importance of awareness of self and community during class and outside of class. Learn how transformation from Ego to Non-Ego can balance and enhance your practice and teaching of Pilates.

Deborah Lessen - What does "Training " mean?

What is the importance of sequencing and repetition?

Carol M Davis - Translating what we know about quantum effects on people to our practice

Science is moving rapidly forward in developing the technology to describe in greater detail the effects of sub atomic particles on human physiology and function. We are confirming that health and homeostasis is "all about vibration". We as practitioners can "vibrate" to facilitate healing, or perhaps interfere with it. Come discuss how!

Shelly Power - How hard should Pilates really be?

What is the difference between a hard session and an advanced session? Join Shelly to discuss how to progress clients to the advanced level work (or work that might be advanced for them) and make it easy at the same time. Identify what is important to cover, what language is appropriate and how you and your clients will know if they are getting it.

Dav Cohen - Men and Pilates

In an industry populated primarily by women, what place do men have in the Pilates world?

Sally Anderson - Standards and Recognition For The Pilates Profession

Led by Sally Anderson, President of The Pilates Alliance Australasia (PAA) Sally will lead this round table discussion on the development and projections within the Pilates industry, including the work of the PAA, frameworks for professional recognition, recognised and accredited education for the profession, and legislative requirements applicable to the Pilates industry. A clear and structured progression of the Pilates profession is imperative to all persons aiming to have a career in the Pilates industry and this is an opportunity to understand and contribute to the national perspective.

Audrey Ng - Enhancing movement performance by adjusting posture, gravity & load

It is often a balancing act in determining where to focus one's effort in neuromuscular re-education to improve movement performance...strength, control, proprioception, endurance etc . Awareness of & changing the effect of gravity on posture and load can instantaneously maximise the potential for successful movement performance!

Darren Stojanovic – RUNNERS

RUNNERS- recreational standard to elite. Everything you want to know about maximising performance in runners.

Movement Classes - 1hr

The Somatic Psoas - Dawnna Wayburne

Good posture involves a fluid balance and lack of effort, and should grow organically out of our innate sense of ourselves as we move through and function in the world. The key to improving posture lies not in effortful adherence to an external ideal, but in the ease and balance that flow from increasing self-awareness. The Psoas is blamed for a lot of postural distortions. Explore natural ways of working to improve balance and function that integrate our relationship with Gravity.

Moving Imagination - Dawnna Wayburne

This class looks to explore, not only the constant reciprocal dialogue that the subconscious mind and the body are in but also the effects of rhythm on muscular and motor action as well as how rhythmic experiences aid freedom of expression. Muscular co-ordination is strongly reliant on rhythm which then frees the individual to move with greater assurance which may in turn lead to him or her to become more articulate and socially confident. This class is complimentary to Confrontationally Gravity Workshop whereby you will experience the balance of wave and access patterns that integral to the GYROTONIC® and GYROKINESIS® work. These are patterns that enhance performance skills in terms of sports specific and dance related activities.

Power Circuit Class - Shelly Power

This fast paced intermediate level studio circuit class will focus on variations and precision with the studio exercises.

Exo-Chair Class - Shelly Power

Join this fun and challenging Exo chair class taught by Shelly Power. The Exo chair is a fun way to combine chair exercises with elastic bands to create new and exciting exercises. And together with the traditional chair exercises you will have a great group workout on the Exo chair.

Advanced Reformer Class - Shelly Power

This fast-paced Advanced reformer class incorporates both standard and evolved Pilates exercises to challenge strength, balance and understanding. Join us for a fun and educational workout.

BodyBand Bodywork on the Pilates Arc - Ingrid Lamb

Using the Bodyband, experience renewed breadth and organization of the shoulder girdle. This work combines work with the spine corrector for greater abdominal challenges while maintaining efficient muscle activation of the upper torso and shoulders. Experience a refreshing freedom of movement in the thoracic spine and shoulder girdle.

Inspiration and Flow - intermediate EXO chair class - Ingrid Lamb

Allow your body to move seamlessly through many new and inspiring movement sequences; combining the exo chair repertoire with other smaller pilates apparatus including the magic circle and foam roller.

Reformer on the Arc - Sally Anderson

Putting the Reformer onto the Pilates Arc! Come and try – the Arc is a fabulous tool for getting the Powerhouse working.

EXO-llent Chair Workout - Sally Anderson

For those who are already familiar with the Chair and want to enjoy a variety of exercises and sequences that offer challenge and change. Incorporating the functional resistance kit and the Exo Chair itself, expect to leave feeling strong and energised.

Super Circuit - Jo Hutley

This super circuit studio class will use multiple props and equipment to challenge your stability and stretch you to the limit. Join Jo Hutley for a fast and fun class but come prepared to work!

The Energising Mat - Jo Hutley

This fluid, intermediate level mat class is designed to mobilise and inspire you. The focus for this class will be on energetic cueing. With her Yang Tsin Su martial arts and energy training, Jo Hutley brings a unique perspective to energetic cueing in a Pilates class.

Symmetry and Balance Reformer Class - Dav Cohen

Most of our daily and sporting activities are asymmetrical or unilateral, while most things we do in Pilates are symmetrical and bilateral! This class will focus on asymmetrical movements to challenge stability, symmetry and balance and energise the diagonals of the body.

"Yeah Baby!" Pilates Arc Class - Dav Cohen

This dynamic class will focus on classical and evolved repertoire utilising the Baby Arc. The Arc adds challenges to balance, strength and range of motion as well as offering assistance to stretching and spine mobilisation.

Ring and Roller Mat Class - Dav Cohen

Do you think an hour with a foam roller can't be fun? Come and experience the magic of these two props used together for a great stretching, strengthening and balancing class.

Super Chair - Dav Cohen

As if the Chair wasn't fun enough already! Experience the latest innovation in Pilates equipment with this challenging Chair workout. New equipment, new exercises.. what more could you ask for?

Yoga Class: Putting performance aside - in search of peace - Tanya Wansbrough

This vinyasa yoga flow class is a dynamic practice, a meditation in movement that blends the practices and wisdom of many yogic styles. The main focus during the class is on the breath, and synchronising the breath with movement through a series of postures. The class is appropriate for all levels*; students are encouraged to observe their bodies and to playfully, safely explore their boundaries with attention to correct foundations and alignment. The combination of hard work and deep relaxation will help to restore balance to body, mind and spirit. Regular practice will build strength and flexibility, improve inner health, give clarity of mind and a greater sense of peace.

Low Back Care Mat Class - Brent Anderson

Are you interested in teaching a safe and fun class for clients who have experienced low back pain? This class will focus on exercises appropriate for clients who have experienced low back pain. Precautions, contraindications and modifications will be discussed so each participant can have a positive movement experience.

Ballerina Bootcamp on the Reformer - Kimberley Garlick

This workout for all those clients wanting just a little more. This class will have your heart, body and mind pumping. Basic but not boring reformer class to challenge the mind and body connection to keep new participants alert and challenged.

Studio Circuit - Kimberley Garlick

Studio workout with some fun and exciting repertoire.

Advanced Mat Class - Kimberley Garlick

Advanced Mat class utilising drum beats.

Chi-Ball class - Lynley Gladdis

The ChiBall Method™ is a holistic exercise programme that is a unique blend of traditional Chinese medicine, colour, aromatherapy, and a synergy of six ancient and modern movement disciplines: Tai Chi-Qi Gong, ChiBall Dance, Yoga, Pilates, Feldenkrais and deep relaxation. By tailoring The ChiBall Method to the natural cycle of the seasons, participants enjoy a journey towards harmony, balance and well-being.

Pre-Pilates mat class - Deborah Lessen

As Pilates teachers, the development of our proficiency is directly related to an ongoing study of the movement concepts underlying the Pilates exercise repertoire. This one hour master class will take you through a series of exercises focusing on centering using the Pilates movement principles of Breathing and Dynamic Stabilization.

How's Your Teaser? - Samantha Robinson

It is the skeletal proprioceptive system that organizes and rights your body in relationship to the earth's magnetic field. The nervous system doesn't really process information so much as it interacts with the environment by continually modulating its structure. Your self-correcting and self-referring nervous system has the capacity for adapting, changing and evolving. When moving through space, it is your proprioceptive system that constantly co-coordinates movement. Receptors adjust, organize and right the kinaesthetic body. The Pilates teaser is not simply a matter of strengthening appropriate muscle groups. Timing and neuro-logistics play a significant role. Explore movements strategies that enhance these strategies in this brief one hour session.

Advanced Reformer Class - Samantha Robinson

Be brave! This challenging Allegro class uses the exercises that current research has shown to burn as many calories as an aerobics class. Try the workout for yourself and learn how to adapt this class for Intermediate to Advanced clients.

Advanced Exo-Chair Class - Samantha Robinson

The Pilates chair is considered one of the most challenging pieces of equipment designed by Joseph Pilates, so get ready for an energising, full-body workout that strengthens the core and sculpts upper and lower body muscles. This exciting workout will tone, strengthen and stretch every muscle in your body, as well as enhancing stability, balance and total body control. The EXO chair class offer many benefits of the Reformer, the Tower and the mat.

Releasing, Refreshing and "Returning to Life" - Joao Oliveria

In this class we'll be working flow and sequencing movements in a harmonic and organic way. Respecting the physiology of the body and leave your joints smiling!

Classical Mat Class - Zani Mann

Experience the original intermediate/advanced matwork taught as Joe developed it and Romana has retained it, in its original sequencing. The advanced mat is designed to challenge those who have already mastered the intermediate level.

Magical Blue Spring - Darren Stojanovic

A reformer workout choreographed around minimal spring changes, with all exercises linking to the next with the use of just one blue spring.

Circuit Class - Darren Stojanovic

Have fun with this high tempo studio workout.

Pre-Conference Workshops

The Business of Pilates with Brent Anderson – Full Day 8hrs at Quest Grande Esplanade

This one day pre conference course is designed for the business owner that wants to add ancillary services like Pilates to their practice model. This course will teach a fundamental framework of building a practice and studio including Polestar's unique continuum model of care. Participants will learn how to identify specific demographics that indicate a successful location, what services will be best indicated for their demographics, how to attract, transition, and retain clients to build a healthy rehabilitation practice with a flourishing wellness component.

Following this one day workshop, participants will:

- Learn to assess current demographics for an integrated Pilate's rehabilitation practice.
- Learn a successful model for adding ancillary services to existing practices.
- learn marketing strategies for a hybrid wellness practice
- learn how to implement a successful retention program

Performance Kiniseology: Advanced Gait Assessment with Brent Anderson – Full Day 8hrs at Quest Grande Esplanade

The Advanced Gait course provides in-depth instruction on assessing and improving gait. Participants will learn functional and dysfunctional gait mechanics and movement patterns, as well as the relationship between gait and Pilates. The course utilizes Polestar's unique principles to facilitate qualitative analysis in gait. Participants will learn some basic techniques to help improve gait patterns in self and future clients.

Carola's Reformer Progressions with Deborah Lessen – 5hr workshop at Novotel Sydney – Manly Pacific

Every Pilates teacher should learn about the contribution of first generation teacher Carola Strauss Trier. Ms. Trier had a profound influence on the direction and development of Pilates, and her professionalism will deepen every teacher's approach.

Experience the reformer repertoire in the sequence and manner Carola Trier learned from Joseph Pilates, including Carola's orientation for new clients to the Pilates method.