



Polestar Pilates Australia

2010 Workshops & Masterclass Summary

Summary of Workshop being offered

More workshops will be available throughout the year. Check our website for future dates.

www.polestarpilates.com.au/workshops.php

Last Updated: 26th August 2010

Workshop or Class Name	Presenter	Location	Date & Time
SYDNEY			
Advancing Mat	Kimberley Garlick	PowerNouse Pilates	30 April, 5pm-8pm
Into The Core - Pilates Exercise, The Inner Unit and The Pelvic Floor	Dav Cohen	PowerNouse Pilates	21, May 2pm-5pm
Beyond Core Control	Dav Cohen	PowerNouse Pilates	2 July, 2pm-5pm
The Science of Stretching	Dav Cohen	PowerNouse Pilates	30 July, 2pm-5pm
Understanding Disc Injury	Dav Cohen	PowerNouse Pilates	24 September, 2pm-5pm
The Science of Strengthening	Dav Cohen	PowerNouse Pilates	22 October, 2pm-5pm
MELBOURNE			
BodyLogic "BodyBand"	Ingrid Lamb	BodyLogic Studio	1 Oct, 3.00pm-5.00pm
Complicated Shoulder Myth	Ingrid Lamb	BodyLogic Studio	6 Nov, 1.30pm-3.30pm
Runners Workshop level 1 & 2	Darren Stojanovic	Dynamic Stability	2 Oct, 1pm-5pm
Runners Workshop level 3	Darren Stojanovic	Dynamic Stability	3 Oct, 9am-1pm
PERTH			
Pilates for Kids	Kimberley Garlick	Perth Pilates Studio	16 April, 2.30pm-5.30pm
BRISBANE			
Advancing Mat	Kimberley Garlick	Pilates and Healing	25 June, 4pm-7pm
Reformer Repertoire Plus+	Kimberley Garlick	Pilates and Healing	9 July, 4pm-7pm
LAUNCESTON / HOBART			
BodyLogic "BodyBand"	Ingrid Lamb	In-Balance Physio & Pilates	26 June, 3pm-5pm
ADELAIDE			
Workshops TBC			

REGISTRATION POLICY

- Course fees include workshops, manuals, morning and afternoon refreshments and certificate of completion at end of workshop.
- Registration requires payment in full, deadline is 14 days in advance of start date. Registration received less than 14 days will be processed only if space is available otherwise, you will be contacted. You are **not registered until you receive written confirmation** from Polestar Pilates Education.
- Cancellations** accepted for refund minus \$25 non-refundable portion, with written notice post-marked 14 days prior to start date. No refunds issued for notice less than 14 days prior.
- We reserve the right to postpone or cancel any course. If we cancel a course, you will have the option of transferring to another workshop, receiving a credit valid for 1 year or receiving a full refund.
- If using Polestar Rewards towards attendance, points must be redeemed at time of registration.
- Polestar is not responsible for any hotel/airline reservation or transportation to or from a course.

Location Details

- PowerNouse Pilates Studio – Level 1, 28 The Corso, Manly NSW.
- Dynamic Stability – Level 1, 161-165 Swan St, Richmond VIC.
- Perth Pilates Studio – 4 York St, Mt. Lawley WA.
- Smart Health Training & Svs – 12/22 Richmond Rd, Keswick SA.
- BodyLogic Studio – 101-103 Queen s Pde, Clifton Hills VIC
- Pilates and Healing - 16 Ekibin Road, Annerley QLD
- In-Balance Physiotherapy and Pilates - 18-20 Paterson St, Launceston TAS

Pricing:

- 4hr workshop \$125 (PAA member \$115)
- 3hr workshop \$95 (PAA member \$85)
- 2hr workshop / masterclass \$65 (PAA member \$60)

SPECIAL DISCOUNT – Register for 3 or more workshops in one time and receive a further 5% discount.

Workshop Outlines and Descriptions

All of the workshops below by Dav Cohen include a 1 hour Mat Masterclass followed by a 2 hour interactive lecture/workshop

Into The Core - Pilates Exercise, The Inner Unit and The Pelvic Floor

Duration – 3 hours, CEC's with PAA = 3, Presenter – Dav Cohen

What is core control anyway? Pilates has always been considered an excellent exercise technique to strengthen the core. We first recruit muscles of core stabilisation to form a stable base from which to work. We then move our trunk and limbs with larger muscle groups to create our everyday functional movements. When our 'stabilisers' and 'mobilisers' are working efficiently the result is optimal coordinated movement.

As instructors and practitioners of Pilates exercise, creating awareness of these muscle groups and their proper facilitation is one of our main objectives. In recent years, there have been great leaps in knowledge regarding the roles of the Transverse Abdominus and Multifidus muscles and their contribution to core control. We will learn how to palpate a proper contraction of these muscles to make sure they are working efficiently. More recently, there has been an increasing amount of research on the pelvic floor and the contribution of those muscles to core control as well as to movement.

This workshop will also investigate some of the new ongoing research on the pelvic floor and how it relates to Pilates exercise. The following topics will be covered regarding the pelvic floor and other structures of the inner unit:

- Anatomy/physiology
- Function/dysfunction
- Current research and findings
- Cueing, palpation, activating, strengthening
- Experiential exercises

The Science of Stretching - Safe and Effective PNF and Facilitated stretching techniques

Duration – 3 hours, CEC's with PAA = 3, Presenter – Dav Cohen

Pilates exercise has always been renowned for its ability to improve strength and flexibility. By teaching attentiveness to the body we are able to increase awareness of movement and to where movement is blocked. As a Pilates instructor it is necessary to be able to assess which structures may be responsible for causing the restricted movement – be it muscle, fascia, joint, neural tissue or simply neuromuscular patterning. In this workshop we will discuss these contributions to faulty and restricted movement and learn ways to improve flexibility in both the spine and the limbs.

In this workshop we will cover the following topics:

- Nerve tensioning and mobilisation
- Muscle and fascia stretching
- PNF stretching techniques
- Physiology of stretching
- Use of breath to facilitate increased mobility

Beyond Core Control - Pilates Exercise, The Outer Unit and Muscular Slings

Duration – 3 hours, CEC's with PAA = 3, Presenter – Dav Cohen

Pilates exercise has long been known to work from the 'inside - out'. We first recruit muscles of core stabilisation (the 'inner unit') to form a stable base from which to work. We then move our trunk and limbs with larger muscle groups to create our everyday functional movements. When our 'stabilisers' and 'mobilisers' are working efficiently the result is optimally coordinated and efficient movement. As instructors and practitioners of Pilates exercise, creating awareness of these muscle groups and their proper facilitation is one of our main objectives.

We will focus on the muscles that we call the mobilisers of the body and will investigate their crucial role in movement as well as in providing more stability and protection for the inner, stabilising muscles and joints. We will look at the body from a 'muscular slings' perspective using the concepts of Andry Vleeming and relate them, in a systematic way, to Pilates exercises.

In this workshop we will cover the following topics:

- 4 outer unit Muscular Slings
- Basic Gait pattern
- Anatomy/physiology
- Function/dysfunction
- Experiential exercises for the Muscular Slings

The Science of Strengthening

Duration – 3 hours, CEC's with PAA = 3, Presenter – Dav Cohen

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.

In this workshop we will cover the following topics:

- Muscle anatomy and physiology
- The Overload Principle
- Personal Point of Overload

Understanding Disc Injury

Duration – 3 hours, CEC's with PAA = 3, Presenter – Dav Cohen

This workshop is primarily designed for Pilates instructors who are not Rehab professionals, however Rehab professionals are always welcome! These days the "apparently healthy" individual is a rare occurrence. While working in a fitness setting our role is not necessarily to treat clients with acute symptoms of disc injury, however clients with a history of disc injuries are more and more common. This workshop will cover the aetiology of disc injury and progress you through the different stages of exercise and movement to promote healing.

In this workshop we will cover the following topics:

- The intervertebral disc – anatomy and function
- Disc injury – causes and progressions
- Symptoms & aetiology
- Dealing with clients with disc injury; acute, sub-acute, post-acute/long term management

Advancing Mat

Duration – 3 hours, CEC's with PAA = 3, Presenter – Kimberley Garlick

This is a three hour workshop that will include a master class to wet your appetite. You will get a manual outlining teacher skills to improve your approach to a group environment, along with some new and exciting exercises to keep your participants enthusiastic about their Pilates workouts.

Reformer Repertoire Plus+

Duration – 3 hours, CEC's with PAA = 3, Presenter – Kimberley Garlick

If you have been teaching allegro classes or private clients on the reformer and are looking for new repertoire for a variety of clients you will thoroughly enjoy the mental and physical challenge of this workshop. Keep yourself and your clients excited about their Pilates.

Pilates for Kids

Duration – 3 hours, CEC's with PAA = 3, Presenter – Kimberley Garlick

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 3 hour taster of a one day course that comes with a manual. Have fun going back to your childhood.

Body Logic "BodyBand"

Duration – 2 hours, CEC's with PAA = 2, Presenter – Ingrid Lamb

This unique piece of equipment will enhance all studio and mat workouts. Create an extra challenge for clients at the high beginner level to intermediate level with this apparatus.

Introduce at the beginner level to teach optimal Head Neck and shoulder organisation, with basic exercises like the chest lift. Combine together with other small apparatus like the pilates arc, baby arc or spine corrector to challenge, in a whole body workout.

The Complicated Shoulder Myth

Duration – 2 hours, CEC's with PAA = 2, Presenter – Ingrid Lamb

Consider the involvement of the thoracic spine as a base of support and muscle attachment. We need to explore the idea or concept that the thoracic and lower cervical spine function synergistically in conjunction with the shoulder girdle complex during movements of all three areas.

This workshop will cover:

- Seeing a client for the first time
- Upper extremity precautions
- Exercises to mobilise the shoulder
- Mobilising Thoracic Spine
- Mobilising Upper limb neural Structures
- Retraining for functional activities
- Inhibit Overactive Cervical Musculature using reciprocal inhibition

Runners Workshop – level 1 & 2

Duration – 4 hours total, CEC's with PAA = 4, Presenter – Darren Stojanovic

Level 1 (2hrs) - Introduction to pelvic motion during running, analysis of pelvic torsion and how this relates to the muscle activation around the pelvis. Sacroiliac joint problems. Assessment and treatment of instability around the lumbar spine and pelvis. Analysis of the biomechanics of running.

Implementation of a pilates program to help pelvic torsion problems. This 2 hour presentation is half lecture and half practical workshop.

Level 2 (2hrs) – Introduction to feet biomechanics, The importance of evaluating feet when dealing with many running injuries. Heel/toe gait v forefoot strike. How to muscularly reform the arches of your feet. Are orthotics good for runners? Dealing with plantar fasciitis. This 2 hour presentation is half lecture and half practical workshop.

Runners Workshop – level 3

Duration – 4 hours, CEC's with PAA = 4, Presenter – Darren Stojanovic

Level 3 - Putting it all together. Combining foot re-education with correct pelvic motion. How to progress the runners pilates program. Specific Athlete pilates programs for various problems that you have identified in your runners. Looking at injury prevention and efficiency in the runner. Finishing with a large practical workshop combining all the above concepts.