



Polestar Pilates Australia

2012 Workshops & Masterclass Summary

Summary of Workshop being offered

Polestar Pilates is pleased to offer the following workshops for 2012 throughout Australia. More workshops will be available throughout the year. Check our website for future dates. www.polestarpilates.com.au/workshops.php

Last Updated: January 2012 (version 1.2)

NOTE: More Workshops/Classes will be added throughout the year, so check website for updated schedule.

Workshop or Class Name	Presenter	Location	Date & Time
SYDNEY			
Rock the Pilates	Debbie Thomas	PowerNouse Pilates	4 February, 2pm-4pm
Advanced Matclass with Dowel	Kimberley Garlick	PowerNouse Pilates	2 March, 2pm-4pm
Ring and Roller masterclass	Dav Cohen	PowerNouse Pilates	23 March, 2pm-4pm
Spine Corrector masterclass	Dav Cohen	PowerNouse Pilates	27 April, 2pm-4pm
The Physics of Pilates	Dav Cohen	PowerNouse Pilates	11 May, 2pm-5pm
Reformer on the Mat masterclass	Dav Cohen	PowerNouse Pilates	1 June, 2pm-4pm
Reformer masterclass – Symmetry & Balance	Dav Cohen	PowerNouse Pilates	6 July, 2pm-4pm
Beyond Core Control	Dav Cohen	PowerNouse Pilates	20 July, 2pm-5pm
Muscular Slings Mat masterclass	Dav Cohen	PowerNouse Pilates	17 Aug, 2pm-4pm
The Science of Strengthening	Dav Cohen	PowerNouse Pilates	16 Nov, 2pm-5pm
MELBOURNE			
Pilates on Soft Ball	Kimberley Garlick	Dynamic Stability	20 April
Advanced Mat masterclass	Kellie McLeish	Dynamic Stability	15 th June, 4pm-6pm
ADELAIDE			
Advanced Mat masterclass	Kellie McLeish	Smart Health Trg & Svs	30 th March, 2pm-4pm
Pilates for Personal Training Applications workshop	Jane Doyle	Smart Health Trg & Svs	23 rd September, 1pm-4pm
BRISBANE			
Advanced Reformer masterclass	Amanda Erlank	The Body Refinery	13 th April
Mat with Dowel masterclass	Kimberley Garlick	The Body Refinery	6 th July
PERTH			
Exo-Chair Masterclass	Amanda Erlank	Performance Pilates	4 th May
Reformer with a Twist Masterclass	Kimberley Garlick	Performance Pilates	25 th May
LAUNCESTON / HOBART			
Ring and Roller Mat masterclass	Cat Giannitto	AllCare Physio & Pilates	25 th May
Advanced Mat masterclass	Briana Whittle	AllCare Physio & Pilates	1 st August

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 – 26 Roseberry St, Balgowlah 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
- The Body Refinery - 2/15 Lamington St, New Farm, 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.

Polestar Pilates Australia

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December 2011

Workshop Outlines and Descriptions

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

The Physics of Pilates

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

Have you ever wondered what's the secret to the 'Pilates Pushup' or why some people struggle with Rollups or Rollovers? In this workshop we will seek to understand the body and its motion through space and time, and the effects of energy and force.

Description: The human body is a biomechanical structure consisting of levers, fulcrums and pulleys. As teachers of movement it is important to understand our physical constraints to movement and ways that we can maximize force production in the body for improved ease and efficiency.

We will cover the following topics:

- Levers, fulcrums and pulleys
- Kinetic chain movement and it's importance for joint stability
- Co-contraction for enhanced joint stability
- Active and passive insufficiency of muscles
- Biomechanics and anatomy of two-joint and multi-joint

Mat Masterclass; Reformer on the Mat

Duration – 2 hours, CEC's with PAA = 2, Presenter – Dav Cohen

Instructor experience level: Intermediate to advanced

Pre-requisites: familiarity with basic Mat and Reformer repertoire is helpful

Description: Experience the Reformer work creatively transitioned to the Mat for a vigorous workout! A very challenging and exciting class.

Allegro Masterclass; Symmetry and Balance

Duration – 2 hours, CEC's with PAA = 2, Presenter – Dav Cohen

Instructor experience level: Intermediate

Pre-requisites: familiarity with basic Reformer repertoire

Description: Focus on asymmetrical movements to challenge stability, symmetry and balance. Many of the 'traditional' intermediate to advanced exercises will be taught as well as evolved exercises specifically designed to challenge your symmetry and balance.

Mat Masterclass; Muscular Slings Mat Class

Duration – 2 hours, CEC's with PAA = 2, Presenter – Dav Cohen

Instructor experience level: Intermediate to advanced

Pre-requisites: familiarity with basic Mat repertoire

Description: A vigorous and unique mat class designed to specifically energize the 5 muscular slings of the body.

Pilates on the Soft Ball

Duration – 2 hours, CEC's with PAA = 2, Presenter – Kimberley Garlick

2 hour Master class – Challenge ones axis and core control with the use of the versatile, economical soft ball. This workshop will give you the tools to vary your mat classes with a simple prop. You and your participants will enjoy the challenge. Guaranteed to boost your class numbers.

Reformer with a Twist of Choreography

Duration – 2 hours, CEC's with PAA = 2, Presenter – Kimberley Garlick

2hour master class on the reformer ideal for the group workout scenario or to increase your repertoire bank of exercises. So much more to the reformer than meets the eyes.

Reformer & Roller Masterclass

Duration – 2 hours, CEC's with PAA = 2, Presenter – Amanda Erlank

Re-invent your reformer workout by adding the challenge of the versatile roller.

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.

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Pilates with Vibration – the Ultimate Power Plate® experience

Duration – 2 hours, CEC's with PAA = 2, Presenter – Cat Giannitto

Enjoy the powerful mix of Pilates on the Power Plate®. This class blends the traditional Pilates mat exercises with the power of vibration in an easy and fun introduction to vibration training. Power Plate® sessions can assist with improvement of blood circulation, muscle strength and ROM, all with little impact on joints and ligaments.

Rock the Pilates

Duration – 2 hours, CEC's with PAA = 2, Presenter – Debbie Thomas

A fun filled class on the reformer that is set in time to popular rock/pop music. Inspired by Thomas Rasta's "Rock The Ballet" a full routine is put together on this machine and performed at the end. You'll have fun, want to sing along and get a great workout. This workshop is for two hours and is best suited to experienced Pilates students and teachers

Body Logic "BodyBand"

Duration – 3 hours, CEC's with PAA = 3, 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 – 3 hours, CEC's with PAA = 3, 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 area's.

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

Studio Flow

Duration – 3 hours, CEC's with PAA = 3, Presenter – Ingrid Lamb

"Flow"- The last of the six guiding Principals of Joseph Pilates!

Learn how to refresh your Pilates workouts for yourself and your clients, combining the traditional and more modern Pilates Principals.

Be inspired with new ways to combine your studio exercises. Create a cohesive and invigorating exercise program where each movement is performed with grace and balance and a smooth flow from one piece of apparatus to another. "

Pilates for Personal Training Applications

Duration – 3 hours, CEC's with PAA = 3, Presenter – Jane Doyle

Joining the Dots.

From the fundamental principles used within the Pilates environment, learn how these apply directly to personal trainers, fitness coaches and exercise therapists in the effectiveness of your communication, and biomechanical strategies with your clients. Workshop touches on -

- Relationship between pelvic floor and diaphragm
- The importance of kinetic chain in progressions and regressions
- Familiar and unfamiliar environments in faulty movement patterns
- The use of imagery and tactile cueing

Extreme Pilates

Duration – 3 hours, CEC's with PAA = 3, Presenter – Jane Doyle

You're only as limited as your own strength and flexibility!

This workshop is designed for the pathology-free client wanting to increase their core strength and endurance, incorporating weight loaded apparatus and floor. Workshop touches on –

- Progressive load principles of strength training
- Intervals and circuits
- Breathing patterns
- Layering of movement patterns