

December 2018 Workshops at ThePilatesBody, Inc.

STOTT PILATES® Advanced Stability Chair Workshop 12/2/18

This advanced 2 hour workshop is being offered on December 2nd from 10:00 am to 12 noon at The PilatesBody, Inc..

What you will learn in the workshop:

These exercises are often regarded as the most challenging to perform and likewise to teach. This workshop focuses on some of the more complex moves and attempts to break down and clarify them. Participants rotate through the repertoire paying particular attention to goals of the exercises, biomechanics and alignment. You will learn appropriate cueing and correcting techniques, to teach the exercises safely, and to recognize when clients may be ready to proceed to this level of intensity.

Workshop Details:

Workshop is being offered at:
The PilatesBody, Inc.
840 75th Street
Willowbrook Illinois

The cost of the workshop: \$115

Date: December 2nd from 10:00 am to 12 noon

CEC's: .2 STOTT PILATES®

To Enroll in this Workshop:

Please contact Nicole Boehm at 949-395-5553 or email: nicole@extensionpilates.com. Tell her the name of the course, the dates, and location and she can help you with the steps moving forward.

STOTT PILATES® Full Advanced Reformer 12/2/18

This Advanced level workshop is being offer on December 2nd from 12:30 PM to 4:30 PM at The PilatesBody, Inc..

What you will learn in the workshop:

Developed by the team at Merrithew™ and designed for those with knowledge of Advanced Reformer work, this session take participants through the full repertoire. Start with a short warmup before performing every exercise in a fluid workout. Participants gain a better understanding of how components of movement are elevated and continuously combined. Review how the goals of stability, mobility, sequencing, balance, endurance and coordination are achieved.

Part of the Dance Specialty Track.

Workshop Details:

Workshop is being offered at:
The PilatesBody, Inc.
840 75th Street
Willowbrook Illinois

The cost of the workshop: \$230

Date: December 2nd from 12:30 PM to 4:30 PM

CEC's: .4 STOTT PILATES® CEC's

To Enroll in this Workshop:

Please Contact Nicole Boehm at 949-395-5553 or email: nicole@extensionpilates.com. Tell her the name of the course, the dates, and location and she can help you with the steps moving forward.