

Join us for STOTT PILATES®

Workshops

on Saturday May 14, 2011

Increase your **earning potential**

Recognized as the gold standard in the industry, our workshops are designed for Pilates instructors and fitness professionals alike. Formulated to expand programming options for group classes and private training, these informative sessions will increase your teaching repertoire. All workshops qualify for STOTT PILATES Continuing Education credits and carry no pre-requisites.

Develop your skills with innovative STOTT PILATES programming in Texas this May.



Essential Matwork on Stability Cushions™

Add a new dimension to everyday Matwork with the STOTT PILATES Stability Cushions. Traditional Essential-level exercises are presented in a whole new way with the addition of a pair of cushioned disks. The inherent instability of the disks requires even greater activation of the stabilizing muscles of the torso, shoulders and hips. Used alone or together, the Stability Cushions illicit greater proprioceptive awareness and recruit the deep support systems of the whole body while developing greater co-ordination and control. Discover a new way to challenge your clients and take everyday Essential Matwork to another level.

DATE: May 14, 2011

TIME: 12 – 2pm

COST PER PERSON: Early Registration before May 1: \$80/workshop After: \$90

COURSE MATERIALS PER PERSON: Stability Cushions 15% discount before May 1, 2011. Full price after.

CECS: 0.2 STOTT PILATES, 0.2 ACE

Intermediate Reformer: Functional Anatomy, Cueing & Correcting

Focus on the details of cueing and correcting many of the more difficult Reformer moves in this Intermediate Reformer workshop. Select exercises will be broken down to identify the specific joint movement and muscular action. Learn cueing tips and modifications to help your clients progress into this more challenging work while maintaining good form. Review observation skills and verbal cues and see real changes in the way your clients move.

DATE: May 14, 2011

TIME: 2:30 – 4:30pm

COST PER PERSON: Early Registration before May 1: \$80/workshop After: \$90

CECS: 0.2 STOTT PILATES, 0.2 ACE

Muscular Strength & Endurance for Teens

Mind-body exercise like Pilates can be essential to the development in mind and body of pre-teens and teenagers. This mat-based workout incorporates Toning Balls™ and the Fitness Circle® and provides tons of exercises that can be used to create fun and enjoyable workouts designed to keep teens engaged and challenge them both physically and mentally. In youth good posture promotes improved body image and proper breathing techniques help with stress reduction. These issues and more will be addressed with simple functional exercises that focus on stability, balance and flexibility in a fun, quick moving routine.

DATE: May 14, 2011

TIME: 5 – 7pm

COST PER PERSON: Early Registration before May 1: \$80/workshop After: \$90

CECS: 0.2 STOTT PILATES, 0.2 ACE

For more information and to register contact **Chau Pham-Kid**

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Location **Body Tech**

11661 Preston Rd. #186, Dallas, Texas, 75230 USA



STOTT PILATES is recognized by the American Council on Exercise as a Continuing Education Specialist.

