

STOTT PILATES®

Workshops

Develop your skills with innovative new programming.



STOTT PILATES workshops are formulated to expand programming options for group classes and private training. These informative sessions work to increase your teaching repertoire and earning potential. Recognized as the gold standard in the industry, these workshops are designed for Pilates Instructors and fitness professional alike. All workshops qualify for STOTT PILATES Continuing Education Credits and require no prerequisites.

Assessment and Warm Up for Foundational Movement

This workshop is designed to provide instructors with tools to fine-tune their programs and help their clients' overall physical condition. By combining traditional and newer training protocols including STOTT PILATES® Basic Biomechanical Principles, Foundational Movement Patterns, and the Merrithew Fascial Movement Variables along with additional factors, learn to assess your clients' established movement patterns. Then, starting with self-assessment in standing, encourage subjective evaluations with multi-planar movements within a dynamic warm-up to identify individual movement default strategies that can hinder exercise training goals.



Date: May 31, 2020
Time: 9:30am – 11:30am
Cost: \$133 + tax
Earn CECs: .02 SP and NCPT (PMA)

Matwork Programming for Foundational Movement

In this workshop, participants experience a dynamic warm-up, combining multi-planar functional movement patterns reinforced by the STOTT PILATES Basic Biomechanical Principles and the Merrithew Fascial Movement Variables. Progressing from the STOTT PILATES Foundational Movement Assessment learned in Part A of this series. A wide variety of props is introduced, including the Foam Cushion C, Stability Barrel, Flex-Band® and Toning Balls™, to enhance a client's movement quality and address individual movement default strategies. Floor-based exercises follow that include interdisciplinary approaches designed to tackle these common faulty patterns and increase sensory awareness.



Date: May 31, 2020
Time: 12:00pm – 2:00pm
Cost: \$133 + tax
Earn CECs: .02 SP and NCPT (PMA)

Post-Natal Pilates

Most women are able to return to exercise four to six weeks after a regular birth or when they get clearance from their physician. Many of the exercises performed during the second and third trimester of pregnancy will be suitable now, but other exercises can be added to focus on reactivating and stabilizing the pelvic floor, transversus abdominis and obliques as well as developing lumbo-pelvic stability. This gentle but effective workout, developed by the Merrithew™ team, incorporates Toning Balls™ to get new moms back on the right track.



Date: May 31, 2020
Time: 2:30pm – 4:30pm
Cost: \$133 + tax
Earn CECs: .02 SP and NCPT (PMA)

For information or to register, contact:

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