

## Polestar Pilates Conference Singapore 2009 Session Outlines

### Pre-Conference Master Classes and Lecture Wed- Fri 15-17<sup>th</sup> July

#### **Pilates Back to Basics (90min)**

Pilates is a dynamic, ever-changing form of exercise that evolves as your body changes. As you progress, revisiting the most basic, essential Pilates movements can be a whole new experience (and quite a workout!) As the Pilates method is based on progressions, it is important that the basic movements are done with accuracy and precision as that will create the foundation for your future skill development. This will be an interactive workshop where you will learn hands-on skills, experience movement anew and have the opportunity to ask questions. Topics covered will be:

- Basic Pilates breathing
- Core stability
- Neutral spine
- Alignment

#### **Pilates Arc Master Class (90min)**

This master class (exercise class) is based on Dav Cohen's well known baby arc exercises as featured by Pilates style magazine. Instead of the baby arc however we will be using the new Pilates Arc imported in from the US. This will be a fun workshop

#### **Small Props Matwork- Dav Cohen (90min)**

This fun and challenging Mat class will incorporate the use of small props into traditional and evolved Pilates matwork. Your balance, strength and coordination will be challenged by the fitness circle, foam roller, resistance bands, etc

#### **Allegro for Sports Conditioning- Dav Cohen (90min)**

This intermediate level Allegro master class features exercises and movements designed to enhance common sporting movements such as running, jumping, reaching and rotational movements. Strength, balance and flexibility will be challenged in this vigorous workout.

#### **Allegro Symmetry and Balance- Dav Cohen (90min)**

This fun class will 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 work the body in reciprocal and asymmetrical movement patterns.

#### **The importance of inner unit and "core stability" on back rehabilitation (90min)**

The last two decades have produced a tremendous amount of research on low back injury and rehabilitation. This evolving research points to the deep core muscles as primary stabilisers of the spine. Pilates exercise, taught correctly can facilitate proper activation of the stabiliser muscles, as well as address postural imbalances and movement dysfunctions which may be a contributing factor to the injury. This lecture will focus on the role of Pilates-based exercise in back rehabilitation, including an introduction to the history of Pilates and its modern evolution.

## **Main Conference Sat-Sun July 18-19**

### **Master Classes**

#### **Pilates Arc- Dav Cohen (60min)**

This workshop will explore the Pilates Arc based on Josephs famous Spine Corrector, it's original repertoire as well as new and evolved additions. Look at basic exercises to improve awareness and mobility as well as advanced repertoire that will test existing strength balance and flexibility. This master class will feature some of Dav's innovative baby arc exercises as featured in Pilates Style magazine.

#### **How's Your Teaser?- Dawнна Wayburne (60min)**

It is the skeletal proprioceptive system that organizes and rights your body in relationship to the earth's magnetic field. The nervous system doesn't really process information so much as it interacts with the environment by continually modulating its structure. Your self-correcting and self-referring nervous system has the capacity for adapting, changing and evolving. When moving through space, it is your proprioceptive system that constantly co-coordinates movement. Receptors adjust, organize and right the kinaesthetic body. The Pilates teaser is not simply a matter of strengthening appropriate muscle groups. Timing and neuro-logistics play as significant a role. Explore movements strategies that enhance these strategies in this brief one hour session.

#### **Pre-Pilates- Deborah Lessen (60min)**

As Pilates teachers, the development of our proficiency is directly related to an ongoing study of the movement concepts underlying the Pilates exercise repertoire. This one hour master class will take you through a series of exercises focusing on centering using the Pilates movement principles of Breathing and Dynamic Stabilization.

### **Main Workshops**

#### **Studio Exercises for Disc Injuries- Dav Cohen (120min)**

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 intervertebral disc degeneration (unless you are a physio), however clients with a history of disc injuries are more and more common. This workshop will progress you through the different stages of exercise and movement for disc injuries (using all studio equipment).

#### **Exploring Pilates Natural Movement on the Mat- Deborah Lessen (120min)**

Joseph Pilates based his exercises on observations of quadrupeds and babies. We will explore his idea of natural movement, following the development of movement from birth to locomotion, to deepen our theoretical and experiential understanding of the Pilates exercises.

#### **Intermediate/Advanced Mat Flow- Dawнна Wayburne (90min)**

This class is designed to challenge established matwork repertoire for the intermediate to advanced participant. Instructors will experience the art of sequencing, plus creating a more stimulating and technically demanding Mat class. Enjoy this dynamic approach to the repertoire creating more interconnected transitions and pathways. The format of the program will include sequencing and specific awareness of deep proximal initiation.

#### **Men On Mats- Dawнна Wayburne (120min)**

Men are physically different from women in numerous ways. Obviously, men are built differently, but they also move differently. They are generally more muscular and less flexible than women. These factors need to be taken into account when you teach Pilates to men. Most men who sign up for your program are extremely tight in the low back and hamstrings, and have increased thoracic kyphosis owing to posture-related issues.

**Pilates Teaching Skills- Dav Cohen (180min)**

As teachers of Pilates we are not just teaching Pilates exercises, we are teaching improved movement strategies and function. As such, how we present the exercises using verbal, tactile and imagery cues significantly affects our clients ability to benefit from a positive movement experience. Learn to effectively manage exercise variables and apply them to clients “across the board” from Post-Rehab to elite movers.

**Carola’s Reformer Progressions- Deborah Lessen (180min)**

Carola Trier studied with Joseph Pilates for 10 years. With his assistance, she was the first of his proteges to open her own studio. Experience the reformer repertoire in the sequence and manner Carola learned from Joseph Pilates.

**Beyond Core Control (lecture) - Dav Cohen (90min)**

Pilates is well known for its focus on “core stabilisation” & the muscles around the pelvis & lumbar spine. These inner unit muscles require the activation of global muscles to assist with stabilisation during high-demand activities. Some of these global muscles are organised into ‘muscular slings’ in which they work synergistically with one another, creating dynamic stability in the body. Achieving optimum & efficient movement patterns requires the use of these muscular slings along with the inner, core muscles of the body. In this workshop we will explore the role of these mobilisers from a muscular slings perspective & relate them to Pilates exercises.

**Pilates for Sports Conditioning- Daniel Dittmar (90min)**

More and more elite athletes as well as recreational athletes are leveraging on the effects of Pilates programs to enhance their sporting performance and injury prevention. The high volumes of repetitive training produce muscular imbalances and poor movement strategies just as easily as clients who spend 8-10 hours a day in front of a computer. This workshop will explore the important aspects of Pilates program design for high level athletes as well as recreational athletes and exercisers.

**Effects of Age and Stress on Human Movement- Dawnna Wayburne (180min)**

If you were to spend time observing children in a typical school you would probably see that most Second graders copying a page of text from the blackboard are in constant restless motion, twisting to the left as they write with their right hand or repeatedly bending over their paper and then straightening up or that a number of fifth graders constantly tip their chairs back and forth or from side to side. If asked to sit quietly with all four chair legs on the floor, this child would slide off!

Less adventurous students hold their heads so close to their work on the desk that one wonders how they can see anything. Meanwhile, the muscles at the back of their necks are tight with the effort of keeping young heads from landing on the desk. Each of these examples of integration of the sensory-motor system-as expressed in the child's posture and inattentiveness. The physical, emotional, and intellectual together comprise a unit of interrelated parts, and for these to function optimally the child must feel at home in his physical body. If a child experiences his body as an ill-fitting glove, settling down and paying attention to the task at hand are very difficult. Thus, helping children integrate the sensory-motor system by developing good posture, body awareness, and orientation in space is an important concern for parents and teachers because they lead, in later life to all too well known breakdowns in the musculoskeletal system.

This workshop builds on the how the child uses his/her "surveying instruments"-the senses of balance, self-movement, and touch-how they build up a map of the space around themselves (spatial orientation) and of their bodies in space (body awareness).

**For more information please visit**

[www.focuspilates.com.sg](http://www.focuspilates.com.sg)