



Spring/Summer 2010 Continuing Education

Saturday, May 22 - Sunday May 23, 2010 - MAT MAKEOVER IN MAY with Anne Brendle

** Purchase any 3 workshops, get 10% off entire purchase.

** Purchase all 4 workshops, get 15% off entire purchase and the Open Level Mat Class FREE.

Saturday, May 22, 2010

**Held at Studio Lotus Zonolite

REFORMER ON THE MAT with Anne Brendle - 12:00 - 3:00pm - \$105 (PP CEC: 3.0, PMA: 3.0)

Create a new challenge for your more advanced clientele and classes. Same exercises – same order – different place. Come discover how a full Reformer workout can be super-challenging when done on the mat. No springs, no straps: just you and gravity. The breakdown of the various elements of the exercises helps achieve greater clarity and adds depth to your cueing. Remember, Joe designed the apparatus in order to make one's mat work stronger. Be prepared for a challenging, advanced workout.

Prerequisite: Instructors and clients with Reformer experience.

SPICE UP YOUR MAT WITH SMALL PROPS (BALLS, BARS, & MAGIC CIRCLES) with Anne Brendle - 4:00 - 7:00pm - \$105 (PP CEC: 3.0)

Are you and your clients bored in Mat Class? Then learn how to incorporate fitness balls, bars and Magic Circles in creative ways to make the existing mat vocabulary even more effective and fun.

Prerequisite: Mat teaching experience

Sunday, May 23, 2010

**Held at Studio Lotus at Atlanta Ballet

OPEN LEVEL MAT CLASS (WORKOUT) with Anne Brendle - 9:00 - 10:00am - \$25

Come one, come all. Join us for a Power Pilates open level mat class. Come ready to move, have fun and be inspired. Experience the 'Power Pilates flow.'

Prerequisite: None; register directly through Studio Lotus.

SPECIAL CASES ON THE MAT with Anne Brendle - 10:00am - 1:00pm - \$105 (PP CEC: 3.0)

Nobody's perfect, right? Right. This workshop will cover the beginner/intermediate mat exercises with safe and effective strategies and modifications for clients with special needs. We will review specific modifications for low back pain, knee injuries, shoulder pain, neck issues, osteoporosis and pregnancy. Come ready to work out and leave with new tools for your Power Pilates toolkit.

Pre-requisite: Mat teaching experience.

INTERMEDIATE MAT REVIEW WITH VARIATIONS with Anne Brendle - 2:00 - 5:00pm - \$105 (PP CEC: 3.0)

Do you need to add some life into your intermediate level mat class? Do you catch yourself teaching the same mat class over and over again? Does your clientele know what you are going to say before you even say it? Inspire yourself and your clientele by learning how to deepen an exercise and create variety within the method. We will focus on a review of the intermediate mat exercises and variations. You will discover simple, yet new exercises and new approaches to old exercises that will spark your love for teaching mat class all over again. Be prepared to move, practice and have fun!

Prerequisite: Beginner and intermediate mat teaching experience.

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Saturday, July 17, 2010

SEMI-PRIVATE SESSION with Davidson Reid - 11:00am - 12pm - \$50

Watch, listen, learn and enjoy a session from a Power Pilates Teacher Trainer. Observe her/him in action, bringing years of experience and knowledge into the workout.

Note: If you are not attending a session, but wish to observe, there is a \$20 fee per hour. There is no observation fee if you are attending a session.

Prerequisite: Open to instructors and clients at an intermediate level on the apparatus; register directly through Studio Lotus.

STRATEGIES FOR TEACHING SEMI-PRIVATE SESSIONS with Davidson Reid - 12:00 - 3:00 pm - \$105 (PP CEC: 3.0)

Develop a method to the madness! Teaching semi-privates sessions can be fun and challenging, but you just need a game plan. Take this workshop and help devise strategies that will help you feel at ease, organized and in control when teaching a semi-private session, all the while offering each individual client a great workout.

Prerequisite: Intermediate apparatus teaching experience.

STRATEGIES FOR TEACHING SPECIAL CASES: IMPACTS AND MODIFICATIONS with Anne Brendle - 4:00 - 7:00 pm \$105 (PP CEC: 3.0)

During this workshop, we will focus on those clients who have special needs, including those who are/have had: oseto, elderly, over weight, pregnant, knee/shoulder surgery and hip replacement. You will learn how these conditions impact their workout and what modifications you can offer that will help keep them safe, yet continually challenged and interested.

Prerequisite: Mat and/or apparatus teaching experience.

SAVE THE DATE ~ Friday, September 17 - Saturday, September 18, 2010

Power Pilates Conference at Studio Lotus featuring Bob Liekens, plus other Power Pilates Senior Teacher Trainers. Conference workshop schedule to be announced.

For more information on Power Pilates continuing education workshops and prerequisites, please call Davidson Reid at 404.817.0900. To sign up directly over the phone, please contact Veronica Costa at Power Pilates at 212.627.5852 (x31) or e-mail vcosta@powerpilates.com. Unless otherwise specified, all programs will be held at Studio Lotus at 1145 Zonolite Road.

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Studio Lotus at Atlanta Ballet | 2000 Powers Ferry Road, Suite G7 | Marietta, Georgia 30067 | telephone: 678.213.5000 (x3) | www.studiolotus.com

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