



## CEC Workshops (PMA, NSCA, AFAA, ACE)

Though generally designed for a Pilates-specific audience, all workshops offer pertinent information that is suitable for any fitness modality.

1. **"Reel" Stability** (Challenge spinal, pelvic, & shoulder girdle stabilizers with Reformer-based exercises on rotational discs. Covers work for sedentary to advanced level clients, including modifications and preferred exercises for special populations and contraindications) - 2hrs (\$125)
2. **Tailor Made** - Programming for Posture (Review postural theory and learn to define postural deficiencies as defined by Florence Peterson Kendall and Elizabeth Kendall McCreary. In addition we will discuss appropriate programming for improvement of noted postural deviations.) - 6hrs (\$180)
3. **Post-rehab & Special Populations** (This course covers common contraindications for post-rehab and special populations. Appropriate exercise choices and modification options will be discussed.) - 6hrs (\$180)
4. **Anatomy Review** (Review musculoskeletal anatomy and discuss biomechanics of ideal movement/kinesiology.) - 6hrs (\$180)
5. **Anatomy, Biomechanics, & Posture** (A more comprehensive review of anatomy, biomechanics, posture analysis, and program design.) - 10hrs (\$299)
6. **Movement Therapy** (Decrease tension and learn to feel differentiation between separate muscles within specific muscle groups. Improving body awareness can accelerate results in any exercise program.) - TBD
7. **My-o-facial Release** (There is a lot of controversy surrounding the safety and usefulness of stretching. With YBR and Foam Rolls trainers can now incorporate muscle lengthening into their client's workout without concern of overstretching or injury. Review the anatomy and physiology of stretching, discuss different stretching techniques and compare them to muscle lengthening and relaxation through My-O-Fascial Release.) - 4hrs (\$169)



## 2010 Workshop Schedule

	"Reel" Stability	Tailor Made	Post-rehab & Contraindications	Anatomy Review	*Anatomy, Biomechanics & Posture	Movement Therapy	My-o-fascial Release
Jan					9 <sup>th</sup> -10 <sup>th</sup>		
Feb			13 <sup>th</sup>		27 <sup>th</sup> - 28 <sup>th</sup>		
Mar	28 <sup>th</sup>						
Apr		11 <sup>th</sup>					
May				9 <sup>th</sup>	1 <sup>st</sup> - 2 <sup>nd</sup>		
Jun							20 <sup>th</sup>
Jul							
Aug	15 <sup>th</sup>						
Sep		26 <sup>th</sup>	12 <sup>th</sup>				
Oct					2 <sup>nd</sup> - 3 <sup>rd</sup>		17 <sup>th</sup>
Nov							
Dec				4 <sup>th</sup>			

\***Anatomy, Biomechanics & Posture** satisfies pre-requisite requirements for participation in any PA Teacher Training Modules (Mat, Cadillac, Chair, Barrels).