

Join us this **SPRING** for STOTT PILATES®

Workshops



Increase your **earning potential** with STOTT PILATES® training.

Recognized as the gold standard in the industry, STOTT PILATES introductory and continuing education workshops are designed for Pilates instructors and fitness professionals alike. Many of our workshops qualify for continuing education credits from other accrediting organizations as well as from STOTT PILATES and none have prerequisites.

Understanding the Anatomy & Biomechanics of the Foot & Lower Leg

This three hour practical workshop is designed to give participants an in-depth understanding of the bones, articulations and muscular forces acting across the foot and ankle. We will discuss the biomechanics of the foot and ankle and then evaluate normal and abnormal movement patterns. Finally, the workshop will explore how pilates exercises can be used to recognize and address foot and ankle issues. Anatomy and Pilates experience required, ISP recommended.

Date: **March 5, 2010 – 4-7pm**

Cost Per Person: **\$170**

STOTT PILATES CECs: **0.3**

Gait Analysis- understanding the biomechanics of walking

The Gait Analysis workshop will look at the theory and mechanics involved in walking. There will be a formal presentation describing the inter-relationship of the joints and muscles of the lower extremity and spine during gait. Participants will learn the range of motion, strength, and timing of normal gait patterns, as well as discover how gait pattern will be altered by common malalignment and mobility problems. Participants will learn to use gait observation to assist with Pilates programming and for assessing the effectiveness of Pilates sessions. Anatomy and Pilates experience required.

Date: **March 7, 2010 – 9am-1pm**

Cost Per Person: **\$190**

STOTT PILATES CECs: **0.4**

Register today

For more information contact **Tessa Crofton**
Email: education@westcoastpilatesinc.com
Call: **250-590-6923**

West Coast Pilates and Health
102-1001 Cloverdale Ave, Victoria, BC, V8X-4C9

Register for both workshops and save **\$40**
Sign up for all 5 workshops for only **\$500**

Increase your **earning potential** with STOTT PILATES® training.



Upgrade your skills – MAR 6

- › Are you recently certified or currently taking a certification course?
- › Do you want to teach specialty classes more effectively?

Therapeutic Foundations

The STOTT PILATES® exercise repertoire provides a variety of tools for client assessment, treatment and exercise programming in a post-rehabilitative setting. Discover how therapeutic applications of the STOTT PILATES® method [and the unique nature of the V2 Max Plus™ Reformer* and select Matwork exercises can improve a client's stability and mobility particularly in the lumbo-pelvic region. Combine the elements of sound therapeutic principles, the integration of current research, and the ability to employ multiple equipment functions to modify exercises to suit clients' needs. Explore how the specific nature of selected movements can help clients develop awareness, strength and coordination to overcome pain and dysfunction.

Learning Objectives:

- Discuss the rehabilitative foundations of STOTT PILATES therapeutic principles.
- Observe optimal vs. undesirable movement patterns.
- Hear specific cues and images for correct exercise execution.

When: Mar 6, 2010, 9-11am

STOTT PILATES CECs: 0.2

Cost: \$45

Matwork for Breast Cancer Rehab

Many more women will survive breast cancer today than ever before and they will be encouraged to seek out fitness programs to assist in recovery and provide the strength and endurance needed to resume an active lifestyle. This workshop will discuss various types of treatments including surgeries and reconstruction and exercise requirements for each. The program includes Mat-based exercises focusing on ROM for the entire shoulder girdle, establishing mobility, restoring posture, ensuring proper biomechanics and developing core and peripheral strength to address muscular imbalances. Exercises will incorporate hand-held toning balls and a small foam cushion to work on low load strength and endurance.

Learning Objectives:

- Identify different types of breast cancer surgery and the side effects of each.
- ULearn how specific modifications will increase effectiveness and safety for individual clients.

When: Mar 6, 2010, 11:30am-1:30pm

STOTT PILATES CECs: 0.2

Cost: \$125

Athletic Conditioning on Stability Cushions™

Discover a new and intensive core training workout featuring the Stability Cushions. Controlling instability with a pair of cushioned disks requires activation of the stabilizing muscles of the torso, shoulders and hips. Exercises are designed to illicit greater proprioceptive awareness and recruit the deep support systems of the whole body while developing greater co-ordination and control. Discover a new facet to Matwork programs that increase body awareness and core stability in movements that bridge the gap between simple core training routines and functional movement patterns necessary in athletic conditioning.

Learning Objectives:

- Understand movement essence and exercise goals as applied to athletic conditioning.
- Explore how the Stability Cushions can be beneficial to athletic training.
- Learn how the unstable nature of the Stability Cushions challenges stability and control.

When: Mar 6, 2010, 2:15-4:15pm

STOTT PILATES CECs: 0.2

Cost: \$125

For more information please contact:
Tessa Crofton
education@westcoastpilatesinc.com
250-590-6923

West Coast Pilates and Health
#102-1001 Cloverdale Ave
Victoria, BC V8X-4C9

Register for all 3 workshops and save **\$25**
Sign up for all 5 workshops for only **\$500**

CELEBRATING
20+
YEARS
OF INNOVATION

**WEST COAST PILATES AND HEALTH WORKSHOP WEEKEND
MARCH 5-7, 2010
STOTT MASTER INSTRUCTOR: MELANIE BYFORD-YOUNG**

Use this form to send in your registration via mail-fax-email.

FIRST NAME _____ LAST NAME _____

ADDRESS _____

CITY _____ PROV/STATE _____ POSTAL CODE _____

PHONE H _____ C _____

EMAIL _____ Registration confirmation via email

REGISTRATION FEES

ALL PRICES ARE IN CANADIAN DOLLARS

_____ Biomechanics of the Foot	\$170.00 PLUS GST
_____ Gait Analysis	\$190.00 PLUS GST
_____ Biomechanics of Foot/Gait Analysis COMBO PACKAGE	\$320 PLUS GST
_____ Therapeutic Foundations	\$45 PLUS GST
_____ Matwork for Breast Cancer Rehab	\$125.00 PLUS GST
_____ Athletic Cond. on Stability Cushions	\$125.00 PLUS GST
_____ All 3 workshop COMBO PACKAGE	\$270.00 PLUS GST
_____ ALL 5 WORKSHOP WEEKEND PACKAGE	\$500.00 PLUS GST

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PAYMENT DETAILS

_____ VISA _____ MASTERCARD _____ CHEQUE* *Payable to West Coast Pilates and Health Inc.

CREDIT CARD NUMBER: _____

EXPIRY DATE: _____

CARDHOLDERS NAME _____

CARDHOLDERS SIGNATURE _____

RETURN THIS FORM WITH PAYMENT TO:
WEST COAST PILATES AND HEALTH INC
#102 – 1001 CLOVERDALE AVE, VICTORIA, BC V8X-4C9
EMAIL: education@westcoastpilatesinc.com

FAX (250) 590-3585