

# ASIA PILATES SUMMIT WORKSHOP SCHEDULE 2020

## Recommended for Experienced Teachers

FRIDAY, 20 MARCH						SATURDAY, 21 MARCH					SUNDAY, 22 MARCH					
9:00AM-10:00AM	OPENING CEREMONY					7:00AM-8:00AM	FREE CLASS				7:00AM-8:00AM	FREE CLASS				
	Everyone is invited to the Opening Ceremony! We will preview what the next three days' program, update any changes and share information on how you can maximise your workshops and also your visit to Singapore!						Start the day with either a Mat workout with Kevin, Pat or Peter. Slots are limited. Book early!					Start the day with a free workout with Amy, Muriel or Peter. Slots are limited. Book early!				
SPEAKER	KEVIN BOWEN	AMY HAVENS	MURIEL MORWITZER	PAT GUYTON	PETER ROEL	SPEAKER	AMY HAVENS	JILLIAN HESSEL	KEVIN BOWEN	PAT GUYTON	SPEAKER	KEVIN BOWEN	AMY HAVENS	JILLIAN HESSEL	PETER ROEL	
WORKSHOP	Pilates for the Mature Client	Sense-able Teaching and the Power of Touch	Multidimensional Dynamic Stability	Spinal Articulation in Three Dimensions	Intent	WORKSHOP	Building Strength and Power with the Wunda Chair	Pilates Mat with Small Props	Developing your Eye	Defining Flat Back and Neutral Spine	WORKSHOP	Programming a Pilates Class and Exercise Selection	Building Strength and Power with the Wunda Chair	Pilates for Scoliosis	Initiation and Stability	
SESSION 1 10:30AM-1:30PM	<ul style="list-style-type: none"><li>Learn how to work with mature clients in a safe and effective manner.</li><li>Learn key fragilities and touch points of this group of clients, and how to engage them.</li><li>Learn how to improve strength, balance and posture of mature clients.</li></ul>	<ul style="list-style-type: none"><li>How to develop a 'trusted touch'.</li><li>How to develop a deeper connection between you and your students.</li><li>How to use a tactile cue in conjunction with verbal and visual instructions.</li></ul>	<ul style="list-style-type: none"><li>Learn the definition of multidimensional dynamic stability based on functional anatomy.</li><li>Understand different contributions of muscles and fascia for optimal dynamic stability.</li><li>Use scales and specific exercises to enhance dynamic stability in the pelvis and spine.</li></ul>	<ul style="list-style-type: none"><li>Learn how spinal articulations can help maintain a youthful spine.</li><li>Learn how to execute spinal articulations in three – transverse, sagittal and frontal planes- different planes.</li><li>Learn how spinal articulations can improve functional movements and mobility for daily activities.</li></ul>	<ul style="list-style-type: none"><li>First the INTENT of the Exercise(s) itself/themselves and how this INTENT will need to shift in relation to the client or the use of apparatus.</li><li>The insight this creates for YOU the Pilates Teacher will give you a deeper and broader application and understanding within your teaching.</li></ul>	SESSION 1 9:00AM-12:00PM	<ul style="list-style-type: none"><li>Learn how to fully utilize Wunda Chair to its full potential.</li><li>Learn how to optimize concentric, eccentric and isometric conditioning with Wunda Chair.</li><li>Learn how to engage your client to achieve greater strength and power through the use of Wunda Chair.</li></ul>	<ul style="list-style-type: none"><li>Learn how to use small props effectively and appropriately to make matwork engaging for your students.</li><li>Learn how to increase repertoire exercises for each individual prop for total mind-body engagement.</li><li>Learn to vary the intensity of the exercises using different props.</li></ul>	<ul style="list-style-type: none"><li>Learn how to refine your client assessment and observation skills professionally by looking at their movements and posture.</li><li>Learn how to develop a lesson plan for your private clients in a value-add manner, thereby increasing fealty to your classes.</li><li>Develop your skill equity as a professional in addition to the technical knowledge of exercise.</li></ul>	<ul style="list-style-type: none"><li>To clearly understand definition and execution of a neutral spine and flat back.</li><li>Learn how to use a neutral spine in movement.</li><li>Learn how to teach both static and active movements in the Pilates repertoire.</li></ul>	SESSION 1 9:00AM-12:00PM	<ul style="list-style-type: none"><li>Learn how to design a class plan appropriate to your clients.</li><li>Learn how to integrate key Pilates principles in class plan that address your clients' needs.</li><li>Learn how to customize Pilates repertoire with appropriate flow that maximize body-mind engagement.</li></ul>	<ul style="list-style-type: none"><li>Learn how to fully utilize Wunda Chair to its full potential.</li><li>Learn how to optimize concentric, eccentric and isometric conditioning with Wunda Chair.</li><li>Learn how to engage your client to achieve greater strength and power through the use of Wunda Chair.</li></ul>	<ul style="list-style-type: none"><li>Learn how to work with clients with Scoliosis.</li><li>Learn many unilateral exercises on the Cadillac, Reformer, Step Barrel, and Wunda Chair that can be used to "wake up" weak, underused muscles, mobilize stiff joints and help to realign the asymmetrical body.</li></ul>	<ul style="list-style-type: none"><li>We know the Pilates Method it's vocabulary. Here we will look at where to initiate a movement to stabilize.</li><li>The use/recognition of DIRECT/INDIRECT stabilization. This will create a clear recognition of what to look for and know what you are looking at. It will reveal the LOAD in the exercises. This, in turn, creates a better application of your teaching Pilates.</li></ul>	
SPEAKER	KEVIN BOWEN	JILLIAN HESSEL	MURIEL MORWITZER	PAT GUYTON		SPEAKER	KEVIN BOWEN	JILLIAN HESSEL	MURIEL MORWITZER	PETER ROEL	SPEAKER	AMY HAVENS	KEVIN BOWEN	MURIEL MORWITZER	PAT GUYTON	PETER ROEL
WORKSHOP	Programming a Pilates Class and Exercise Selection	Pilates Mat with Small Props	Fascial Back Strength	Defining Flat Back and Neutral Spine		WORKSHOP	Pilates for the Mature Client	Pilates for Scoliosis	Multidimensional Dynamic Stability	Initiation and Stability	WORKSHOP	Sense-able Teaching and the Power of Touch	Developing your Eye	Fascial Back Strength	Spinal Articulation in Three Dimensions	Intent
SESSION 2 2:30PM-5:30PM	<ul style="list-style-type: none"><li>Learn how to design a class plan appropriate to your clients.</li><li>Learn how to integrate key Pilates principles in class plan that address your clients' needs.</li><li>Learn how to customize Pilates repertoire with appropriate flow that maximize body-mind engagement.</li></ul>	<ul style="list-style-type: none"><li>Learn how to use small props effectively and appropriately to make matwork engaging for your students.</li><li>Learn how to increase repertoire exercises for each individual prop for total mind-body engagement.</li><li>Learn to vary the intensity of the exercises using different props.</li></ul>	<ul style="list-style-type: none"><li>Learn functional anatomy of the three layers of the thoracolumbar fascia.</li><li>Understand three fascial movement qualities; key to back health.</li><li>Learn fascia-focussed exercises that support the dynamic stability and movement functionality of the spine.</li></ul>	<ul style="list-style-type: none"><li>To clearly understand definition and execution of a neutral spine and flat back.</li><li>Learn how to use a neutral spine in movement.</li><li>Learn how to teach both static and active movements in the Pilates repertoire.</li></ul>		SESSION 2 1:00PM-4:00PM	<ul style="list-style-type: none"><li>Learn how to work with mature clients in a safe and effective manner.</li><li>Learn key fragilities and touch points of this group of clients, and how to engage them.</li><li>Learn how to improve strength, balance and posture of mature clients.</li></ul>	<ul style="list-style-type: none"><li>Learn how to work with clients with Scoliosis.</li><li>Learn many unilateral exercises on the Cadillac, Reformer, Step Barrel, and Wunda Chair that can be used to "wake up" weak, underused muscles, mobilize stiff joints and help to realign the asymmetrical body.</li></ul>	<ul style="list-style-type: none"><li>Learn the definition of multidimensional dynamic stability based on functional anatomy.</li><li>Understand different contributions of muscles and fascia for optimal dynamic stability.</li><li>Use scales and specific exercises to enhance dynamic stability in the pelvis and spine.</li></ul>	<ul style="list-style-type: none"><li>We know the Pilates Method it's vocabulary. Here we will look at where to initiate a movement to stabilize.</li><li>The use/recognition of DIRECT/INDIRECT stabilization. This will create a clear recognition of what to look for and know what you are looking at. It will reveal the LOAD in the exercises. This, in turn, creates a better application of your teaching Pilates.</li></ul>	SESSION 2 1:00PM-4:00PM	<ul style="list-style-type: none"><li>How to develop a 'trusted touch'.</li><li>How to develop a deeper connection between you and your students.</li><li>How to use a tactile cue in conjunction with verbal and visual instructions.</li></ul>	<ul style="list-style-type: none"><li>Learn how to refine your client assessment and observation skills professionally by looking at their movements and posture.</li><li>Learn how to develop a lesson plan for your private clients in a value-add manner, thereby increasing fealty to your classes.</li><li>Develop your skill equity as a professional in addition to the technical knowledge of exercise.</li></ul>	<ul style="list-style-type: none"><li>Learn functional anatomy of the three layers of the thoracolumbar fascia.</li><li>Understand three fascial movement qualities; key to back health.</li><li>Learn fascia-focussed exercises that support the dynamic stability and movement functionality of the spine.</li></ul>	<ul style="list-style-type: none"><li>Learn how spinal articulations can help maintain a youthful spine.</li><li>Learn how to execute spinal articulations in three – transverse, sagittal and frontal planes- different planes.</li><li>Learn how spinal articulations can improve functional movements and mobility for daily activities.</li></ul>	<ul style="list-style-type: none"><li>First the INTENT of the Exercise(s) itself/themselves and how this INTENT will need to shift in relation to the client or the use of apparatus.</li><li>The insight this creates for YOU the Pilates Teacher will give you a deeper and broader application and understanding within your teaching.</li></ul>
6:30PM-8:30PM	COCKTAIL PARTY					4:30PM-5:30PM	FREE CLASS				4:30PM-5:45PM	FREE CLASS				
	Everyone is invited to the Cocktail Party! Let's relax, catch up with old pals and enjoy new friends' company with great drinks and fantastic music.						End off the day with either a Chair workout with Alan, Amy, Jillian or Muriel. Slots are limited. Book early!					End off the day with a mass matwork with all the Presenters. Slots are limited. Book early!				
							Talk a walk on the bright side!					CLOSING CEREMONY				
							Visit to the award-winning Gardens by the Bay, including the Flower Dome, Cloud Forest and the Supertree Grove. We will end up at Satay by the Bay where you can try local hawker fare. Transportation included. Slots are limited.				5:45PM-6:30PM	Everyone is welcome to the closing ceremony where we summarise, reflect and celebrate our personal learnings for the last 3 days.				