## **ASIA PILATES SUMMIT WORKSHOP SCHEDULE 2020 Recommended for New Teachers and Pilates Practioners** FRIDAY, 20 MARCH **SATURDAY, 21 MARCH SUNDAY, 22 MARCH** OPENING CEREMONY FREE CLASS FREE CLASS Start the day with either a Mat workout with Kevin, Pat or Peter. Everyone is invited to the Opening Ceremony! We will preview what the next three Start the day with a free workout with Amy, Muriel or Peter. 9:00AM-10:00AM 7:00AM-8:00AM 7:00AM-8:00AM days' program, update any changes and share information on how you can maximise Slots are limited. Slots are limited. your workshops and also your visit to Singapore! Book early Book early! MURIEL MORWITZER SPEAKER JILLIAN HESSEL SPEAKER PETER ROEL SPEAKER MURIEL MORWITZER PAT GUYTON Diaphragms of the Pelvic Standing Balance - Integrate Vertical Within the Shape WORKSHOP Knees WORKSHOP WORKSHOP Diaphragms of the Pelvic Floor Challenge into Pilates Develop a refined WHO, WHAT, WHEN, WHERE understanding of the pelvic floor and WHY Learn overall lower body key muscles and as a myofascial structure that Develop a refined understanding of the How are the "Pilates Method's keletal structures that support the knees. supports a balanced posture, pelvic floor as a myofascial structure that How to incorporate balance work in a order', the exercises and the Review and show how to apply practical movement ease, and all-around supports a balanced posture, movement challenging and fun manner in your class. shapes within the exercises protocols when dealing with problem wellbeing. ease, and all-around wellbeing. Increase your repertoire using different SESSION 1 SESSION 1 SESSION 1 related to the client? This seems equipment and props in the studio setting. Learn the muscular and fascial Learn the muscular and fascial anatomy 10:30AM-1:30PM 9:00AM-12:00PN a very tall order to unravel yet :00AM-12:00PM Learn remedial exercises that will move, anatomy of the two pelvic the two pelvic diaphragms. · Learn how balance can bring visible this workshop will give you the strengthen and improve joint function and results to your clients, which is often times Explore movement techniques and diaphragms. tools to start you on the road to nealth and allow your clients to return to Explore movement techniques exercises that train the muscles and fascia unknowingly under-developed. expand your participation with healthy knee movement. of the pelvic floor and exercises that train the and contribution to YOUR nuscles and fascia of the pelvic teaching of The Pilates Method. SPEAKER **AMY HAVENS** PETER ROEL SPEAKER **AMY HAVENS** PAT GUYTON SPEAKER JILLIAN HESSEL Standing Balance - Integrate Add Tempo and Rhythm to group Add Tempo and Rhythm to Within the Shape **Vertical Challenge into** WORKSHOP WORKSHOP WORKSHOP Knees reformer class group reformer class Pilates How to make your class more How to incorporate balance WHO WHAT WHEN WHERE and WHY work in a challenging and fun Learn overall lower body key muscles and fun and enjoyable to build a How to make your class more fun and How are the "Pilates Method's order', the loval base of students. nanner in vour class. skeletal structures that support the knees. njoyable to build a loyal base of students. exercises and the shapes within the How to deploy tempo and Review and show how to apply practical. Increase vour repertoire using How to deploy tempo and rhythm to exercises related to the client? This seems a SESSION 2 SESSION 2 rhythm to better organize the different equipment and props SESSION 2 protocols when dealing with problem better organize the lesson plan with the very tall order to unravel yet this workshop 2:30PM-5:30PM 1:00PM-4:00PM 1:00PM-4:00PM lesson plan with the flow n the studio setting. knees. • Learn remedial exercises that flow principle. will give you the tools to start you on the principle. Learn how balance can bring will move, strengthen and improve joint How to use tempo and rhythm to road to expand your participation with and How to use tempo and rhythm visible results to your clients, function and health and allow your clients facilitate mind body coordination. contribution to YOUR teaching of The to facilitate mind body which is often times to return to healthy knee movement. Pilates Method coordination unknowingly under-developed COCKTAIL PARTY FREE CLASS FREE CLASS End off the day with either a mat workout with Amy, Jillian Kevin or Muriel. End off the day with a mass matwork with all the Presenters. 4:30PM-5:30PM 4:30PM-5:45PM Slots are limited Slots are limited. Book early! Book early! 6:30PM-8:30PM Everyone is invited to the Cocktail Party! Let's relax, catch up with old pals and enjoy Talk a walk on the bright side! CLOSING CEREMONY new friends' company with great drinks and fantastic music. 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. 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. Transportation included. Slots are limited