

# ASIA PILATES SUMMIT WORKSHOP SCHEDULE 2020

Recommended for New Teachers and Pilates Practioners

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	JILLIAN HESSEL		SPEAKER		MURIEL MORWITZER	PETER ROEL	SPEAKER	MURIEL MORWITZER	PAT GUYTON
WORKSHOP	Knees		WORKSHOP		Diaphragms of the Pelvic Floor	Within the Shape	WORKSHOP	Diaphragms of the Pelvic Floor	Standing Balance - Integrate Vertical Challenge into Pilates
SESSION 1 10:30AM-1:30PM	<ul style="list-style-type: none"><li>• Learn overall lower body key muscles and skeletal structures that support the knees.</li><li>• Review and show how to apply practical protocols when dealing with problem knees.</li><li>• Learn remedial exercises that will move, strengthen and improve joint function and health and allow your clients to return to healthy knee movement.</li></ul>		SESSION 1 9:00AM-12:00PM		<ul style="list-style-type: none"><li>• Develop a refined understanding of the pelvic floor as a myofascial structure that supports a balanced posture, movement ease, and all-around wellbeing.</li><li>• Learn the muscular and fascial anatomy of the two pelvic diaphragms.</li><li>• Explore movement techniques and exercises that train the muscles and fascia of the pelvic floor.</li></ul>	<ul style="list-style-type: none"><li>• WHO, WHAT, WHEN, WHERE and WHY.</li><li>• How are the "Pilates Method's order", the exercises and the shapes within the exercises related to the client? This seems a very tall order to unravel yet this workshop will give you the tools to start you on the road to expand your participation with and contribution to YOUR teaching of The Pilates Method.</li></ul>	SESSION 1 9:00AM-12:00PM	<ul style="list-style-type: none"><li>• Develop a refined understanding of the pelvic floor as a myofascial structure that supports a balanced posture, movement ease, and all-around wellbeing.</li><li>• Learn the muscular and fascial anatomy of the two pelvic diaphragms.</li><li>• Explore movement techniques and exercises that train the muscles and fascia of the pelvic floor.</li></ul>	<ul style="list-style-type: none"><li>• How to incorporate balance work in a challenging and fun manner in your class.</li><li>• Increase your repertoire using different equipment and props in the studio setting.</li><li>• Learn how balance can bring visible results to your clients, which is often times unknowingly under-developed.</li></ul>
SPEAKER	AMY HAVENS	PETER ROEL	SPEAKER	AMY HAVENS	PAT GUYTON		SPEAKER		JILLIAN HESSEL
WORKSHOP	Add Tempo and Rhythm to group reformer class	Within the Shape	WORKSHOP	Add Tempo and Rhythm to group reformer class	Standing Balance - Integrate Vertical Challenge into Pilates		WORKSHOP		Knees
SESSION 2 2:30PM-5:30PM	<ul style="list-style-type: none"><li>• How to make your class more fun and enjoyable to build a loyal base of students.</li><li>• How to deploy tempo and rhythm to better organize the lesson plan with the flow principle.</li><li>• How to use tempo and rhythm to facilitate mind body coordination.</li></ul>	<ul style="list-style-type: none"><li>• WHO, WHAT, WHEN, WHERE and WHY.</li><li>• How are the "Pilates Method's order", the exercises and the shapes within the exercises related to the client? This seems a very tall order to unravel yet this workshop will give you the tools to start you on the road to expand your participation with and contribution to YOUR teaching of The Pilates Method.</li></ul>	SESSION 2 1:00PM-4:00PM	<ul style="list-style-type: none"><li>• How to make your class more fun and enjoyable to build a loyal base of students.</li><li>• How to deploy tempo and rhythm to better organize the lesson plan with the flow principle.</li><li>• How to use tempo and rhythm to facilitate mind body coordination.</li></ul>	<ul style="list-style-type: none"><li>• How to incorporate balance work in a challenging and fun manner in your class.</li><li>• Increase your repertoire using different equipment and props in the studio setting.</li><li>• Learn how balance can bring visible results to your clients, which is often times unknowingly under-developed.</li></ul>		SESSION 2 1:00PM-4:00PM		<ul style="list-style-type: none"><li>• Learn overall lower body key muscles and skeletal structures that support the knees.</li><li>• Review and show how to apply practical protocols when dealing with problem knees.</li><li>• Learn remedial exercises that will move, strengthen and improve joint function and health and allow your clients to return to healthy knee movement.</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 mat workout with Amy, Jillian Kevin 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!		5:45PM-6:30PM	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.			Everyone is welcome to the closing ceremony where we summarise, reflect and celebrate our personal learnings for the last 3 days.			