

is delighted to present

Kate Fry's Rehab Mini Workshop Series

Kate has designed four introductory 3-hour workshops for the busy Pilates teacher. We all want to continue our professional development but often find it hard to give up an entire day or whole weekend after a busy week of teaching. These workshops are delivered in abbreviated form. We will revise anatomy and pathologies briefly but the main focus is demonstrating creative exercises that are appropriate to use with our clients with particular issues to resolve. These workshops aim to keep knowledge, teaching and self-development fresh and up-to-date. Exercises are demonstrated both on mat and equipment and both mat only teachers and equipment teachers are welcome and will benefit.

Sunday 24th of March

930am – 1230pm

THE THORACIC SPINE

For the human body to function well it needs to maintain all ranges of movement. Rotation in the thoracic is a key area that is almost always lacking. Due to this, we compensate our movement elsewhere and often develop faulty movement patterns in the process. In this workshop we will revise thoracic spinal anatomy and common postural adaptations. We will then look at exercises which specifically encourage proper thoracic movement which will in turn improve scapular placement, thus working to create better upper body biomechanics.

Sunday 24th of March

130pm – 430pm

IT'S ALL ABOUT THE SHOULDERS

Shoulders take the battering of our life every SINGLE day - from stressed-out office workers, parents carrying children and their multiple bags, breastfeeding mums or those constantly looking at computers and phones much of the time. Shoulders provide the link from the spine to the arms, and to do the many tasks that we ask of them they need to be mobile, strong, organised and aligned. Using both matwork and studio equipment, we will revise basic shoulder anatomy and look at exercise that enhance the positioning, stability and movement of the shoulder girdle, while learning new cues to educate our clients on this important area.

Sunday 9th June

930am – 1230pm

ENCOURAGING SPINAL MOBILITY ON THE REFORMER

With our clients sitting at desks for longer periods every year and with everyone's screen time increasing, our clients are sadly in held postures for longer periods of time. As movement teachers it is our responsibility to try to take the limited time we have with our clients and get their spines moving as much as we can. In this workshop, we will revise spinal movement and how a 'healthy' spine should move and clarify what is normal or "expected" movement in each section of the spine. This workshop will be working with the reformer, developing and revising exercises that enhance spinal mobility, increase spinal strength, improve posture and create positive movement experience.

Sunday 9th June

130pm – 430pm

THE LOWER LIMB

In this workshop we will look at how to support and complement our client's lower limb rehabilitation journey using the Pilates equipment, specifically the Reformer and Chair. We will review basic muscular anatomy of the lower limb and the design and function of the lower limb joints, gaining a greater understanding of how posture and the influence of poor biomechanics can add adverse strains on the lower limb joints. We will demonstrate key exercises that can be used in the studio environment for not only rehabilitation clients but for every client.

EACH WORKSHOP IS £100.00. They can be booked individually.

ABOUT KATE FRY

After an early career in a demanding role in a design agency, Kate experienced the physical impact of working in a high-stress industry first-hand. Having an inquisitive mind, this experience, mixed with Kate's lifelong interest in health and fitness initially led her to train as a Pilates teacher with Body Control Pilates in 2003.

Since that time, Kate has worked as one of Body Control Pilates' Senior Teacher Trainers and Examiners all over the world. During her Pilates career she has worked in busy London studios, with premiership football teams and with other Pilates teachers-in-training as well as running her own busy studio. Working along side highly experienced and skilled professionals encouraged Kate to extend her knowledge and she qualified as a Physiotherapist in 2013. Kate is also a qualified Sports Massage Therapist and a Personal Trainer, complementing further her skill set, in order to provide the most holistic service to each client's requirements. Whilst Kate has studied widely and has a broad experience in the health and fitness sphere, Kate's passion still lies with Pilates and using it's incredible versatile qualities to help patient, clients and herself to move better. In 2016, Kate and her family made the move to South-East France. She runs her studio from her converted barn and works as a physiotherapist locally.

WORKSHOP LOCATION

Cobham Pilates, 31 High Street, Cobham, Surrey KT11 3DP

We are located 5 minutes away from Junction 10 of M25.

Visit <http://www.cobhampilates.com/contact.php> for details.

BOOKING

- Email reception@cobhampilates.com.
- All classes can be booked online at <https://clients.mindbodyonline.com/ASP/home.asp?studioid=7132>
- You can book via our Cobham Pilates APP which is downloadable from the APP or ANDROID store.
- Call Cobham Pilates on 01932-588707 and we will book you in!

All bookings must be paid for in full at time of booking. No refunds will be provided in event of cancellation of booking unless your space can be filled by another participant.