

Autumn/Winter 2019

Courses and Workshops

7, 8, 29 September & 13 October, consult schedule for times each day

Introductory REFORMER 4-Day Course

Lisa Bradshaw

£750.00

This course is an invaluable introduction into the mechanical and technical elements of the Reformer. The Introductory REFORMER Course will equip you with a wide range of beginner and intermediate exercises and the tools to understand and create relevant variations and modifications. Clear instructional verbal and tactile cues will be discussed and practiced, helping you to not only communicate the repertoire but to master and fully understand the depth of the method. The Course will also help you to enhance your teaching skills in terms of observing and assessing your clients posture, recognizing their imbalances, strengths and weaknesses and helping to correct them with effective use of the Reformer. This is an ideal fundamental level course for those with no Reformer teaching experience but who hold a recognised Pilates Matwork certificate. Includes:

- All 4 days taught personally by Lisa Bradshaw
- Instructional Video with all exercises taught & demonstrated by Lisa
- Full Manual

5 October 1030am-130pm

Resistance Bands, Resistance Loops and The Pilates Pole

Catherine Barrand

£100.00

Pilates Toys are a Pilates teacher's secret weapon - adding variety, challenge, and support to almost any Pilates mat exercise - the small equipment is an indispensable teaching aid which is as applicable to the complete beginner as it is to the most advanced student. This 3-hour workshop would suit any teacher looking to expand their Pilates repertoire. **Resistance Bands** can be used for a variety of strength, stretch and release work. Whether it is a new twist to an existing mat exercise, or bringing some of the exercises from the studio equipment to your mat; this is one piece of equipment no Pilates teacher should be without. The lesser known **Resistance Loops** are frequently underused, but should not be underestimated. The loops can add a different dimension to a number of existing mat exercises as well as adding a functional slant to your classes. These are effective standalone pieces of equipment, as well as being a natural partner to the Resistance Band. **The Pilates Pole** is primarily associated with the Reformer repertoire; however it is an incredibly simple piece of equipment that can also be used very effectively on the mat. Clients love the Pole as it provides them with both support and feedback in a wide range of mat exercises across all levels. Specifically the pole helps clients concentrate on technique and develop a much better awareness of their own alignment and connections. The pole will transform your clients as they discover opposition and learn how to correct imbalances in a way that is usually only accessible using the larger studio equipment. Teachers love the pole as it provides a unique and different experience to their clients.

5 October, 2pm–5pm

Balls, More Balls & The Magic Circle

Catherine Barrand

£100.00

Pilates Toys are a Pilates teacher's secret weapon – adding variety, challenge, and support to almost any Pilates mat exercise – the small equipment is an indispensable teaching aid which is as applicable to the complete beginner as it is to the most advanced student. This 3-hour workshop would suit any teacher looking to expand their Pilates repertoire. **The Pilates Overball** has endless possibilities.... it allows clients to access a greater range of movement, challenges their stability, helps improve their understanding of some of the key techniques used in Pilates and leaves them with a welcome sense of openness. This piece of small equipment is always a favourite.

Tennis and Release Balls are a simple and yet highly effective myofascial self release tool. With release comes not only relief but increased proprioception and often improved balance. These widely available toys are an easy win for both teachers and clients alike. **The Magic Circle** is a very underrated piece of equipment yet one that comes with a wide range of applications. Adding challenge and support to exercises in equal measures the magic circle can be used to strengthen as well as lengthen. It is also a great tool to help clients improve their technique and develop an awareness of deep connections within their bodies.

6 October, 9am – 5pm

The Ultimate Matwork: Principle Series

Lisa Bradshaw

£250.00

Each "Series" is a stand-alone workshop; each one focusing on a particular level of the Classical Matwork. As a collective, it is The Ultimate Mat Series, individually the workshops are valuable insights. You are invited to attend one, two or all three workshops to give you an insight into teaching Matwork at all levels of and deepening your understanding of the method, both in your own practice and in your teaching. The workshops will focus on movements and exercises that will lead to the ultimate goal of the Classical Matwork Series. Along the way we will finely tune key elements of the fundamental work and clarify correct body mechanics with the intention of attaining overall precision and mastery of the Pilates method. This course offers an enjoyable and effective way to deepen your knowledge and improve your teaching skills by revisiting the fundamental aspects from a brand-new perspective, whilst also exploring the advanced elements of the method. New repertoire will be taught, as well as clear guidance as to how each series can evolve. This series of workshops is designed for teachers who hold a Level 3 Pilates Matwork qualification. Whether you have been a Pilates teacher for years or are new to teaching this course promises to enhance your expertise and re-ignite your passion for Pilates. The aim of these unique workshops is to offer further education to teachers who still have questions or want clarification, who wish to progress their clients and improve their own Pilates practice and those who want the latest knowledge regarding body mechanics and physiological information. Includes:

- Each workshop taught personally by Lisa Bradshaw
- Instructional Video with all exercises taught & demonstrated by Lisa
- Full Manual

19 October, 11am – 4pm

HIP Pilates™ Matwork Foundation

Lisa Bradshaw

£250.00

HIP Pilates™ is an exclusive concept class, researched, developed and taught by Lisa Bradshaw. HIP Pilates™ is aimed at raising heart rate and improving overall functionality, strength, mobility and stamina. This exclusive class is not only ideal for the hard core Pilates fan, who would like a more intense cardio workout but also for those less adventurous clients who wish to challenge their

balance and improve their functional strength without losing the true essence of the Pilates principles. Each session is specifically structured to provide an all over body workout. Progressive choreography is incorporated to improve balance and co-ordination, precise functional movement aims to improve overall strength and mobility and the use of weights promises to increase cardio endurance and recovery. This combination of high energy, faster paced movement with the precision and focus of a traditional Pilates class creates a balanced and fun workout for everyone. This HIP Pilates™ Matwork Foundation course will equip you with all the principles and choreography needed to begin offering your clients a brand new product of HIP Pilates™ on the Mat. On completion of the course, teachers will be invited to join the HIP Tribe™ offering marketing and branding support as well as access to online classes to encourage the development of their work.

3 November, 10am – 1pm

Pelvic Lumbar Stabilisation

Amit Younger

£100.00

The Pelvic-Lumbar area or what we call “The Core” is an area of major concern to Pilates teachers. Different schools teach different approaches to stabilizing the core and physiotherapy protocols tend to influence our understanding and decision making as well. This 3-hour workshop will look at how we stabilize the Pelvic-Lumbar area in different movement scenarios and examine what is required in order to counteract forces that pull on the body while performing Pilates exercises. We will learn how to engage hip-joint, pelvic and abdominal muscles simultaneously and how to ensure that the centre of the body is strong and supple without creating tension and compression in the rib cage or spine.

3 November, 2pm – 5pm

Back Extension Technique

Amit Younger

£100.00

Back Extension exercises seem to create confusion amongst Pilates teachers- “How high do you lift the head? How much extension do you want to create in the spine? Is it healthy/safe to do? How do you use the abdominals for support? Gluts or No Gluts? How do you breathe- In or Out?” and so on and so forth... This 3-hour workshop will look at a wide variety of Pilates repertoire that is focused on extending the spine. We will look at how we articulate the spine into extension and how we strengthen the different parts of the spine without “sacrificing” the neck or the core on the way.

10 November & 1 December, 9am – 5pm

The Complete Chair

Lisa Bradshaw

£425.00

Learn a whole host of Chair repertoire on this dynamic 2-day training course created and taught personally by Lisa B. From beginners to advanced and everything in between Lisa will cover a very Classical based repertoire. This is a great opportunity to gain fresh new ideas or refresh and refine your existing teaching techniques. The Chair is a much underrated, and often misunderstood piece of studio equipment but Lisa will present a way of teaching that aims to demystify the wonders of the Wunda Chair with a clear and simple approach. You will learn a series of short exercise sequences that will enable you to teach a seamless flowing session to every level of client. Includes:

- All 2 days taught personally by Lisa Bradshaw
- Instructional Video with all exercises taught & demonstrated by Lisa
- Full Manual

16 November, 1230pm – 6pm

HIP Pilates™ REFORMER

Lisa Bradshaw

£250.00

Offer your clients a new challenge with this invigorating form of High Intensity Power Pilates on the reformer that combines the precision and focus of a traditional Pilates session with the dynamic energy of a high intensity workout. Join the Lisa B Pilates Academy for the HIP Pilates™ Reformer Teacher Training that will equip you with all the principles and choreography needed to begin teaching this fun and functional workout. HIP Pilates™ is aimed at increasing your heart rate, and improving strength, mobility and stamina – try it on the reformer and you will definitely see and feel the fabulous benefit. During the course Lisa will teach carefully structured and choreographed combinations with the aim of building cardio endurance and overall strength. Jump boards and weights will be added to increase heart rate and build strength; add to that lots of standing work to challenge balance and create a functional yet fun workout. This will enable you to offer a brand-new concept of Reformer classes to your most adventurous clients. Great fun and not for the faint hearted!!

17 November, 9am – 5pm

The Ultimate Matwork: PROGRESSIVE Series

Lisa Bradshaw

£250.00

Each “Series” is a stand-alone workshop; each one focusing on a particular level of the Classical Matwork. As a collective, it is The Ultimate Mat Series, individually the workshops are valuable insights. You are invited to attend one, two or all three workshops to give you an insight into teaching Matwork at all levels of and deepening your understanding of the method, both in your own practice and in your teaching. The workshops will focus on movements and exercises that will lead to the ultimate goal of the Classical Matwork Series. Along the way we will finely tune key elements of the fundamental work and clarify correct body mechanics with the intention of attaining overall precision and mastery of the Pilates method. This course offers an enjoyable and effective way to deepen your knowledge and improve your teaching skills by revisiting the fundamental aspects from a brand-new perspective, whilst also exploring the advanced elements of the method. New repertoire will be taught, as well as clear guidance as to how each series can evolve. This series of workshops is designed for teachers who hold a Level 3 Pilates Matwork qualification. Whether you have been a Pilates teacher for years or are new to teaching this course promises to enhance your expertise and re-ignite your passion for Pilates. The aim of these unique workshops is to offer further education to teachers who still have questions or want clarification, who wish to progress their clients and improve their own Pilates practice and those who want the latest knowledge regarding body mechanics and physiological information. Includes:

- Each workshop taught personally by Lisa Bradshaw
- Instructional Video with all exercises taught & demonstrated by Lisa
- Full Manual

24 November, 9am – 5pm

The SPRINGBOARD

Lisa Bradshaw

£250.00

A great introduction to the Springboard – a popular, affordable and space-saving piece of resistance training equipment that can provide an energising full-body workout. The Springboard is extremely versatile and offers a wide scope of exercises that will be taught on this course combining both classical and contemporary elements of the Pilates Method. This course promises to give you the tools to offer your clients a brand new workout that is functional and effective as

well as adaptable and challenging. Please note: as the Push-Thru-Bar is a Springboard addition, Series 1 of this course will not cover any repertoire using the Push-Thru-Bar. Includes:

- One day course taught personally by Lisa Bradshaw
- Instructional Video with all exercises taught & demonstrated by Lisa
- Full Manual

1 December, 10am – 3pm

November 360 Degrees

Magnus Ringberg

£250.00

Join Magnus Ringberg, physiotherapist and teacher from Sweden for an innovative workshop that inspires you to move in 360 degrees. An invitation to explore your body and celebrate movement possibilities, the work will focus on the joint complexes within the body and how can you create a present, meaningful and sustainable habit. After the course you will have access to the related online-digital material so you can continue to practice at home. This workshop is perfect for pilates, yoga and any other kind of movement practitioner. *"I celebrate movement. I will challenge you to never stop exploring your untapped potential. Learn how to move with ease and how to step away from discomfort and fear. Tune out the noise and focus on what matters. Keep it simple and sharp."*

11, 12 January, 2 February & 1 March 2020, consult schedule for times each day

Introductory REFORMER 4-Day Course

Lisa Bradshaw

£750.00

This course is an invaluable introduction into the mechanical and technical elements of the Reformer. The Introductory REFORMER Course will equip you with a wide range of beginner and intermediate exercises and the tools to understand and create relevant variations and modifications. Clear instructional verbal and tactile cues will be discussed and practiced, helping you to not only communicate the repertoire but to master and fully understand the depth of the method. The Course will also help you to enhance your teaching skills in terms of observing and assessing your clients posture, recognizing their imbalances, strengths and weaknesses and helping to correct them with effective use of the Reformer. This is an ideal fundamental level course for those with no Reformer teaching experience but who hold a recognised Pilates Matwork certificate. Includes:

- All 4 days taught personally by Lisa Bradshaw
- Instructional Video with all exercises taught & demonstrated by Lisa
- Full Manual

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

BOOKING

- All courses can be booked online via the **TEACHER TRAINING** page of the Cobham Pilates website or with the Cobham Pilates APP which can be downloaded from the APP or Android stores.
- Or via email on reception@cobhampilates.com.
- Or call Cobham Pilates on 01932-588707 and we would be happy to book you in!

TERMS AND CONDITIONS

- In the event of cancellation, refunds will be provided if your space can be filled by another participant. In the event that course materials have been already issued, a maximum of 50% of the course fees can be refunded and only in the case that your space can be filled.