

STOTT PILATES Workshops

Delivered by Litton Lane Training

24 October 2010

Instructor Trainer - Dani Gonzalez

Westpark Fitness, Tallaght, Dublin

24 Oct 2010

10.15-12.15

Instructor Trainer - Dani Gonzalez

Programming for Scoliosis Management

Trainers of clients with scoliosis face genuine issues when designing a suitable exercise program. Learn the different forms of the condition and how each will affect stability and mobility. Discover how the fundamentals of STOTT PILATES® can benefit clients with simple or more complex curvature of the spine. Learn to create effective programs that address the specific needs of this population using portable balance and resistance equipment. Case study work will challenge your understanding of scoliosis and potential programming solutions for their obstacles will be presented.

LEARNING OBJECTIVES:

- Understand the different causes and types of scoliosis.
- Discuss contraindicated movements in various parts of the body.
- Explore how the V2 Max Plus Reformer can aid in exercise programming.
- Learn how select STOTT PILATES® exercises can be beneficial for clients with scoliosis.

FORMAT:

Lecture/workshop

CECs: 0.2

Westpark Fitness, Tallaght, Dublin

24 Oct 2010

1-3 pm

Instructor Trainer - Dani Gonzalez

Pilates for Men

Get down on the mat for a workout that's not for the faint-hearted. Welcome to the full-body workout athletes swear by for sports conditioning, cross training and a strong, injury-resistant core. Every last muscle will feel this challenging routine which uses Toning Balls™ and innovative exercise choices to focus on precision and control.

LEARNING OBJECTIVES:

- Apply the STOTT PILATES® Five Basic Principles to specific exercises on the mat.
- Learn specific exercises designed to challenge male clients.
- Understand how these exercises challenge strength, stability and coordination.
- Learn cues and corrections for safety and effectiveness.

FORMAT:

Workshop

CECs:

0.2 STOTT PILATES®

Westpark Fitness, Tallaght, Dublin

24 Oct 2010

3.30-5.30 pm

Instructor Trainer - Dani Gonzalez

Muscular Strength & Endurance for Teens NEW

Mind-body exercise like Pilates can be essential to the development in mind and body of pre-teens and teenagers. This mat-based workout incorporates Toning Balls™ and the Fitness Circle® and will provide tons of exercises that can be used to create fun and enjoyable workouts designed to keep teens engaged and challenge them both physically and mentally. In youth, overall body awareness can be beneficial, good posture promotes improved body image and proper breathing techniques help with stress reduction. These issues and more will be addressed with simple functional exercises that focus on stability, balance and flexibility in a fun, quick moving routine designed to promote active lifestyle choices.

LEARNING OBJECTIVES:

- Apply principles of the STOTT PILATES® method to select Matwork™ exercises.
- Understand movement essence and exercise goals as applied to the teen market.
- Explore how Pilates-based exercises can be beneficial to youth development.
- Learn cues and corrections for safety and effectiveness.

FORMAT:

Workshop

CECs:

0.2 STOTT PILATES®