

STOTT PILATES Workshops
Delivered by Litton Lane Training
Instructor Trainer – Joe Mc Carthy
29 May 2010

Total Body Sculpting OR Flex-Band® Level 2

**Mount Merrion Community Centre,
North Avenue, Mount Merrion,
Co Dublin.**

**29 May 2010
10-12 noon**

Explore exercises that increase core and peripheral strength, while adding multi-dimensional joint movements, variety and challenge to the basic Flex-Band® exerciser routine. Discover how the resistance band can transform simple Matwork exercises while maintaining focus on precision and control.

LEARNING OBJECTIVES:

- Apply the principles of STOTT PILATES® to more challenging moves with the Flex-Band® exerciser.
- Understand movement essence and exercise goals.
- Understand how to intensify a routine with the Flex-Band® exerciser.
- Focus on upper and lower body work simultaneously using resistance.

FORMAT: Workshop TIME REQUIRED: 2 hour format CECs: 0.2 STOTT PILATES

Toning Ball™

**Mount Merrion Community Centre,
North Avenue,
Mount Merrion,
Co Dublin**

**29 May 2010
12.30-2.30 pm**

Incorporate soft hand-held Toning Balls™ to select exercises from the STOTT PILATES Essential Matwork™ repertoire. The use of these weighted balls not only targets the rotator cuff, but increases awareness and strength of the entire upper quadrant. Discover how core musculature can be stimulated to stabilize and control with the addition of light weight.

LEARNING OBJECTIVES:

- Apply STOTT PILATES® principles to Toning Ball exercises focusing on movement essence and exercise goals.
- Understand how the Toning Balls™ for added variety, challenge and resistance.
- Learn cues and corrections for safety and effectiveness.

FORMAT: Workshop TIME REQUIRED: 2 hour format CECs: 0.2 STOTT PILATES

Intensifying Essential Matwork™

**Mount Merrion Community Centre,
North Avenue,
Mount Merrion,
Co Dublin**

**29 May 2010
3-5 pm**

Learn how to challenge clients with maximum safety and effectiveness by taking STOTT PILATES' Essential Matwork™ to a higher level of intensity. Discover how to add variety and increase the pace of a workout to improve muscular endurance and core stability, without sacrificing control and quality.

LEARNING OBJECTIVES:

- Apply principles of the STOTT PILATES® method to select Matwork exercises.
- Understand movement essence and exercise goals.
- Understand how modifications increase exercise intensity and develop muscular endurance.
- Learn cues and corrections for safety and effectiveness.

FORMAT: Workshop TIME REQUIRED: 2 hour format CECs: 0.2 STOTT PILATES
