

Pilates - Studio
Elisabeth Rosen



Trainingscenter for
Health, Mind and Body

1020 WIEN - Walcherstraße 13/2/1
3430 TULLN - Rudolf-Buchinger-Straße 5

2 days-Workshop
September 15/16, 2017 with



BrettHowardPilates
FITNESS & WELLNESS FOR THE NEW GENERATION

Pilates Teacher, PMA® – CPT

Co-Founder, Director of Education and Senior Teacher of Teachers, United States Pilates Association&LLC

Co-Founder and Board Vice President, Pilates Youth Organization

Founder and Director, The Pilates Haus



Exclusive for our studio in Vienna:

Walcherstr.13, 1020 Vienna

Info and prebooking: www.pilates-rosen.at

+43 69911 726454

Email: pilates-rosen@gmx.at

Programm:

Friday September 15th 2017

10:30 a.m. – 12:15 a.m.:

Pre-Pilates and Modifications: open class with 15 Min. questions (teachers and clients)

includes everything from initial exposure to contrology, to exercises for special populations for individuals with pre existing conditions, who require modifications /enhancements prior to the complete Basic repertoire.

Lunchbreak: 12:15-01:30 p.m.

01:30 – 4:30 p.m.:

Putting your Best Foot Forward Seminar: workshop for trainers and interested clients

The foot is a complex structure, which serves as a stable weight support, adapts to uneven surfaces as well as propels in actions like walking, running and jumping. The foot is the foundation to the body, when there is poor function of the foot it can affect the rest of the body. This seminar explores the anatomy and biomechanics of the foot, addresses common injuries and abnormalities of the foot and exemplifies how the implementation of the Pilates method of body conditioning can assist in both injury prevention and rehabilitation of common foot abnormalities, for a healthy efficient foot.

04:40- 05:30 p.m.

Private lesson: learn from the best- you decide : lesson with reformer, wonderchair, ladderbarrel or Matwork;

First come first serve _ single or duettlesson

PVA: 1 CEC

Saturday September 16th 2017

09:00 a.m. – 09:50 a.m.:

Private lesson: *learn from the best- you decide : lesson with reformer, wonderchair, ladderbarrel or Matwork;*

First come first serve _ single or duettlesson

PVA: 1 CEC

10:00 a.m. – 01:00 p.m.:

Spinal and Trunk Abnormalities: workshop for teachers

This seminar gives participants the ability to classify different abnormalities of the spine. They will be able to recognize body systems of the human anatomy and to design and execute methods and protocols of working with specific populations of people with spine abnormalities by implementing exercises of the Pilates method of body conditioning.

The Spine Abnormalities covered are Prolapsed Disc, Spinal Stenosis, Hyper Kyphotic and Hyper Lordotic Curvatures of the Spine as well as Sciatica.

PVA: 3 CECs

Lunchbreak: 01:00 – 02:00 p.m.

02:00 – 05:00 p.m.:

Pilates for Children – Seminar for teachers

“First Educate the Child” - a chapter in “Your Health” by Joseph Pilates. Joseph Pilates strongly believed that children should learn the Pilates Method of Body Conditioning. The seminar focuses on appropriate methods of teaching the Pilates Method to the child. Learn cognitive, behavioral, physiological and anatomical considerations in teaching this population. Learn how to generate creative lesson plans that are developmentally appropriate as well.

The seminar addresses how to implement a Pilates curriculum into a variety of settings.

PVA: 3 CECs

Registration:

By Email: pilates-rosen@gmx.at or by phone: +43 69911726454

We have limited space, therefore save your place as soon as possible.

Registration fee: price per person (incl. 20% tax.)

Solo lesson: 120€

Duo lesson: 70€

Hospitation/ hour: 10€

Open Mat class: (max. 15 places) 25€

One workshop (3 hours): 100€ , for PVA members: 95€

Complete workshop (2 days): 310 €

Early bird price (Before June 1): complete workshop (2 days): 290 €

PVA members get 5% discount for the complete workshop

Workshopcancellation policy: refund available until August 20, 2017 (minus 50€ administration fee). After August 20, 2017 no refund is available.

Payment : in advance to

Raiffaisenbank Wien /NÖ

Pilatesstudio Rosen – Elisabeth Rosen

IBAN: AT573200000007312663

Verwendungszweck: Workshop 9/2017