

= Revitalize your Pilates Teaching = Workshops with Clare Hemani

Studio "pilates erlangen" City Erlangen, Germany
Friday April 28 until Monday Mai 1, 2017



We are glad to announce that in 2017 Master trainer Clare Hemani will visit us again and we like to invite you to the this year „Revitalize your Pilates Teaching“ Event. After the great success in 2011, 2012, 2014, 2015 and 2016 we offer again this year several workshops with Clare Hemani. This is an opportunity to expand your Pilates-horizon.

We are looking forward to offer 4 days of intensive Training, and even more - learn from this exceptionally Master trainer and exchange experiences.

Day 1: "**Mystery Solved !**", for teachers all levels. (6 CEC´s)

Day 2: "**Mat with Props and Variations**", for teachers all level. (8 CEC´s)

Day 3: "**Hands on**", for teachers all level. (8 CEC´s)

Day 4: "**Pre-Post Natal Pilates**" for all who like to work on this issue. (6 CEC´s)

All Workshops/Presentations are in English.

Workshop CEC´s can be used to extend Certificates.



Clare Dunphy Hemani,

Progressive Bodyworks founder, is based in Newburyport, Massachusetts. Her roots in the field of human movement began at Northeastern University with a BS in Physical Education in 1985, and holds certifications from PMA, ACE, and Romana (Pilates Guild).

In 1995, Clare began her Pilates studies under Romana Kryzanowska and has since studied with several other teachers.

A presenter on Pilatesology.com and PilatesAnytime.com, Clare also hosts two free video channels on Vimeo.com for students and teachers interested in supplemental learning.

As co-author of the Peak Pilates Comprehensive Education Program, she mentored scores of teachers and teacher trainers between 2001-2013.

Clare's Newburyport studio is a unique space where students and teachers around the world come to hone their technique and study the art of teaching. Committed to preserving the authenticity and tradition of Pilates, her approach is refreshing, energetic and supportive.

Clare is excited to bring her talents her latest project **Pilates Avatar**, a comprehensive audio program designed for practitioners of all levels and as a new program offering for studios.

Clare's gift is her willingness to share knowledge generously and her ability to explain concepts in simple, clear ways.

Her mission is to support the potential in all students/teachers and to keep the spirit of Joe and Romana alive in her work.

Follow Clare at www.progressivebodyworksinc.com and on Facebook, Instagram, Pinterest, Tumblr.

== Workshop Descriptions, April 28 until Mai 1, 2017 ==

Friday, April 28: MYSTERY SOLVED ! (6 hours workshop, 11:00 – 18:00)



Part of maturing as a teacher is developing the ability to see the body, identifying weak links and finding solutions through touches and cues that immediately improve performance.

- What do you look for when watching movement?
- What do you identify as the primary issue?
- How do you know your student is “ready” for a more challenging exercise?
- What exercises help zero in to improve it?

You have the opportunity to send exercises you would like to study and we will deconstruct the exercise and create strategies for improvement. We will evaluate them with attention to the first priorities, how the weakness affects the entire kinetic chain, and what cues or touches will have the greatest impact.

Saturday, April 29: MAT WITH PROPS AND VARIATIONS (8 hours workshop, 09:00 – 18:00)

Spice up your Mat classes! Props used right can be very effective to help students connect with their inner core and improve their alignment and imbalances. This will be a very active day as you learn and experience creative ways to work with a variety of props and discover how these tools can help students initiate movement from the right place, create stronger opposition, and access moves that haven't been possible before. There will be ample time to explore each prop so you understand how, when and why to add them. As a special treat, Clare will show some interesting endings that will leave your students feeling satisfied, challenged and restored.



Sunday, April 30: HANDS ON (8 hours workshop, 09:00 – 18:00)

The art of touch is one of the greatest gifts you can give your students. There are several key spots that every teacher should know and several more that take practice and guidance to properly apply. Are there some exercises you aren't sure about how to spot? Safety for both teacher and student, how to “listen” with your hands, and when to avoid touch will all be explored in this hands on workshop!



Monday, Mai 1: PRE-POST NATAL PILATES (6 hours workshop, 09:00 – 16:00)



Pregnancy is an exciting time for a woman, but it is also a time of great physical change. This workshop will cover the anatomical changes that take place during pregnancy through each trimester with a focus on postural alignment, the lumbo-pelvic region, and shoulder girdle. Teaching recommendations, exercise guidelines, and warning signs along with exercise modifications will be discussed and demonstrated. This workshop will give you the tools you need to be better prepared to work with clients both before and after giving birth to feel their best during this wonderful time of life.

Organisational:

- Clare Hemani is teaching all workshops.
- Workshops start on Friday at 11:00, all other days at 9:00 and a 60 minute lunch break is included.
- During the complete workshop we provide drinks and during lunch we organize food (incl. in price).
- Saturday evening there is the possibility to join a dinner starting at 19:30 Restaurant „Mein Lieber Schwan“ (near by the Studio)

Travel information:

- **Studio** „pilates erlangen“ Lazarettstrasse 4, Erlangen (North Erlanger Inner City area)
- **Car:** Highway exit „Erlangen Nord“ Highway A73, Parking directly after highway exit for free, 5 min. walk
- **Railway:** Railway Station „Erlangen“ (direct railway connection between Berlin-Nürnberg), 10 min. walk
- **Airport:** „Nürnberg“, 14 km distance to Studio; the best is to take a taxi.

Hotels:

Following hotels in walking distance to the Studio are:

- A.B. Hotel**, Harfenstrasse 1c: aprox. 55 Euro, no reception.
- Hotel Silberhorn***, Wöhrstrasse 13; aprox. 95 Euro, older hotel
- Hotel Der Graue Wolf***, Hauptstrasse 80: aprox. 95 Euro
- Hotel Altmann´s Stube****, Theaterplatz 9; aprox. 114 Euro

For more detailed information look up in the internet accordantly

Pricing:

(Until March 31,2017):

6 Hours: 199,00 €

8 Hours: 259,00 €

(From April 1, 2017):

6 Hours: 229,00 €

8 Hours: 299,00 €

Discount Key for your booked Total:

1 Day: 0 % 2 Days: 5 % 3 Days: 10 % 4 Days: 15 % Discount (Rabatt)

All prices additional 19% German VAT

Registrationform

Name:

Address:

ZIP:

City:

Country:

Mail:

Phone:

Workshops:

Until 31/3/2017

from 1/4/2017

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(11:00 – 18:00)

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