

STOTT PILATES WORKSHOPS

Instructors: Shauna Smith, Instructor Trainer STOTT PILATES

Monika Nobs, Instructor Trainer STOTT PILATES, Performance Pilates, Chesterfield, MO

Chyrel Love Miller, Lead Instructor Trainer

Friday, September 24

Group Stability Chair, 2 hrs CEC, participation- Essential and Intermediate level

New Foam Roller Challenge 2007, 2 hrs CEC, participation- Essential and Intermediate level, matwork

Mini Stability Ball workout, 2 hrs CEC, participation- Essential and Intermediate level, matwork

Pilates on the Green for Golf, Matwork Level 1, 2 hrs CEC. Participation- Essential and sport specific

Reformer for the Older Adult, 2 hrs CEC, participation- Essential and Intermediate level- age specific

Dynamic Armchair Pilates or Active Aging Level 2- 2 hrs CEC, participation, Intermediate level, flexaband and seated work.

Saturday, September 25

Introduction to Athletic Conditioning on the V-2 Max Plus, 3 hrs CEC, participation, Essential and Intermediate level- V-2 max specific

Stability Ball Challenge, Level 5, 2 hrs CEC, participation, Advanced level

Intermediate BOSU, 2 hrs CEC, participation, Intermediate level

Flexibility Overview-2 hrs CEC, lecture/participation, discussion of the importance and dangers of Flexibility as an unstablizing force.

Stabilization Principles, 2 hrs CEC, lecture/ participation, discussion of the overall application of stabilization of the core.