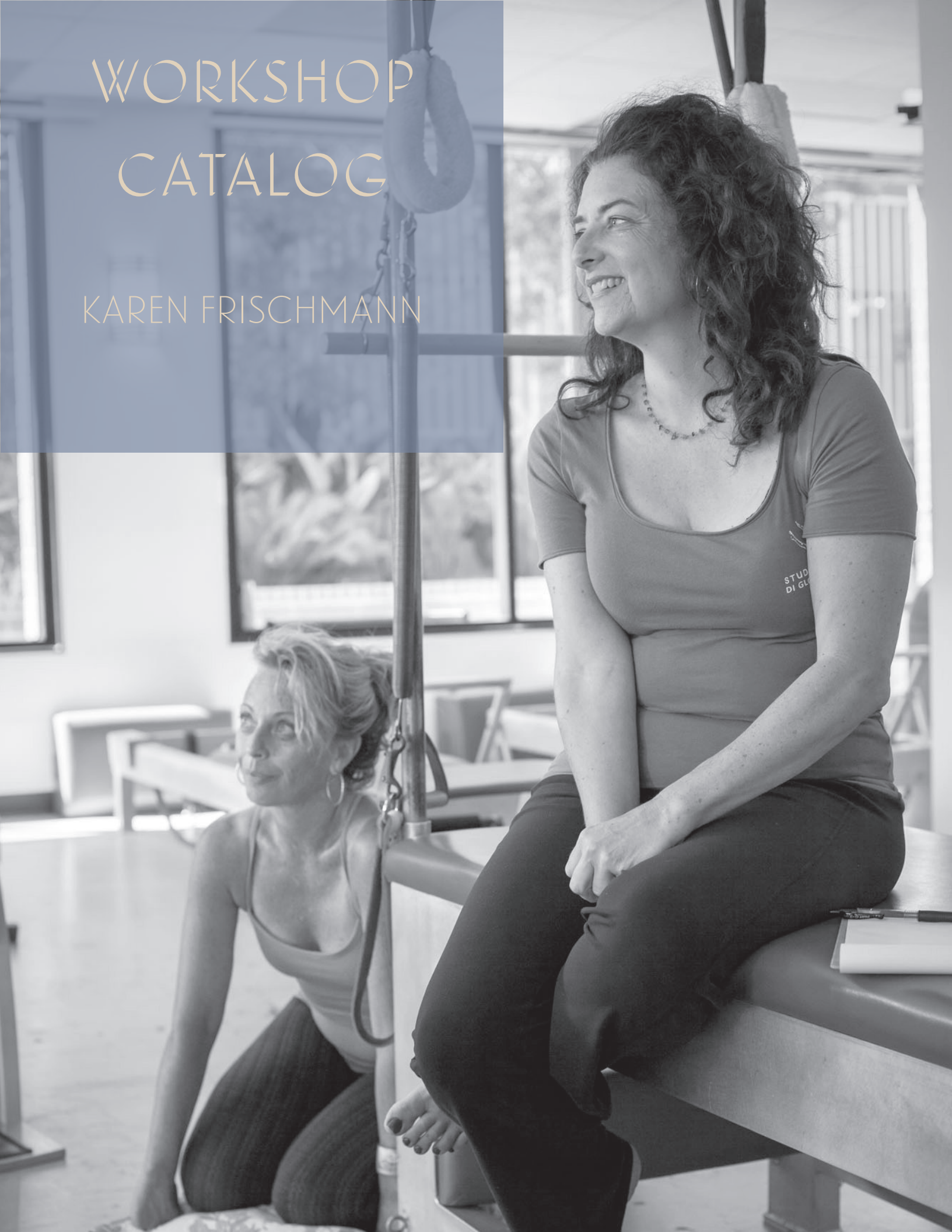


WORKSHOP CATALOG

KAREN FRISCHMANN



WORKSHOP DESCRIPTIONS

APPARATUS BASED WORKSHOPS



USE IT OR LOSE IT **Getting the most out** **of your apparatus**

Joe Pilates invented the apparatus to help his students build the strength and flexibility to do his mat workout correctly and efficiently. Learn how to get the most out of our all-important tools - the springs, straps handles and bars to create an efficient and effective workout. These insights will help you to see and correct imbalances, get your clients to “squeeze the juice” out of every exercise, and bring your teaching to a new level.

DECODING THE MAT

The classical Pilates Mat is often the place where we start our beginning clients and the ultimate challenge for our most advanced.

Join Karen Frischmann for a complete breakdown of the classical mat workout. We will take an in-depth look into the exercises, examine the logic and importance behind the order, discuss “helper” exercises on the other apparatus to achieve a stronger connection and understanding of the most difficult exercises. This includes exploring the importance and use of the straps and handles on the traditional mat and the transitions needed to knock you and your clients workout out of this world.

THE REFORMER BREAKDOWN

At times we may breakdown or need variations exercise on the reformer due to a student's specific weakness, physical limitations or as an introduction to the exercise. This workshop will cover how to breakdown exercises on the reformer without losing their integrity and intent.

INTRODUCTION TO THE APPARATUS FOR MAT CERTIFIED TEACHERS

This three-hour workshop, designed expressly for mat certified teachers, explores the major apparatus available in the Pilates method. It has been said that Joe Pilates built all his apparatus to help his clients do the mat exercises more precisely. Experience how the springs and straps on the Reformer, Cadillac and other apparatus can help you become more connected and deepen your mat work.

APPARATUS REVIEW

Detailed reviews of the entire repertoire of exercises on each apparatus:

- The Reformer
- The Chairs
- The Mat
- The Tower (Guillotine)
- The Pedi-Pole
- The Small Accessories & Magic Circle

All apparatus review workshops can be taught in a variety of formats from 3 hours to multi-day programs.



DEFINING CONCEPTS

2 WAY STRETCH

This 4 - hour workshop will explore the “Two Way Stretch” - Jay Grimes’ term for the oppositional reach of the upper and lower body away from a strong center. We will break down all the components that go into the stretch including the movement of the spine, the use of the back and the seat.

THE BACK

The back of the torso, though often forgotten, is integral in connecting core strength in all Pilates exercises. Find out how to use your back to create length, strength and stability in all of your move-

ment. In this workshop you will go through exercises on different pieces of equipment that build back strength and help you connect your back to your center so that you can begin teaching this important concept to your students.



ANCHORS AWAY

The seat that all important muscle group that anchors the torso, creates a stable base for movement and links the lower body to the center. In this work-

shop we will examine the role of the seat in all Pilates exercise, discuss its functions, how it assists, anchors and drives exercises on all the apparatus and in all positions.

CONNECTIONS

This workshop explores the connections among exercises that make Pilates a cohesive method rather than a random collection of exercises. Learn techniques to analyze the movements, how to

distill them to their essence, and discover the power of the “exercise families.” By the end of the workshop you will have the tools to help you chose appropriate exercises to assist your clients in mastering the advanced repertoire, to correct imbalances and challenge their weaknesses.



TRANSITIONS

Transitions - those often forgotten links in the Reformer and Mat workouts. Learn the importance of transitions, how to efficiently move from one exercise to the next with confidence and ease and how to keep your connections throughout the workouts. Understand the concepts behind them, the traditional

approaches and how to problem solve when a client’s injuries require a workaround. Transitions will turn your Reformer and Mat into a challenging and cohesive workout at any level.

THE IMPORTANCE OF MOVEMENT AND FLOW

“Change happens through movement and movement heals” - Joe Pilates

When you focus on moving swiftly and smoothly through your exercise series—without sacrificing control and precision—Pilates raises the heart rate, offers tension release, and aligns the body as each exercise flows into, and informs the next.

Learn how each piece of the Pilates repertoire has its own unique rhythm, how to use transitions to add flow and kick up the power and effectiveness of you and your clients’ workouts.

THE ART OF TEACHING

CRAFTING A LESSON

Every day - every hour, we are faced with the challenge: What to do with the client who walks in the door?

How many of us have planned lesson in advance only to find the client injured, or having an off day? In this workshop Karen will share her approach to lesson planning. Learn how to read a body in the first five minutes to guide you throughout the rest of the lesson and how to use the systems effectively to give each client what they need that day.

DECISIONS DECISIONS

The way to challenge your clients, build strength and correct imbalances in their bodies is to give them the right exercises. In this workshop Karen will discuss what to look for in your clients' bodies so that you can choose the "right" exercises on the barrels, chairs, Cadillac, guillotine or pedi-pole. Adding the skills of observation and a deeper understanding of the exercises will take your teaching to a whole new level and will keep your clients coming back for years to come.

VISUAL TEACHING

Through simple visual exercises, observational practice, and Pilates specific techniques - Karen Frischmann (Pilates teacher and classically trained visual artist) will give you the tools to help you develop and deepen your powers of observation. By the end of this workshop you will be able to see your client's strengths and weaknesses more effectively, correct their alignment issues and give them the most effective workout possible.



TEACHING WITH THE SENSES

As Pilates instructors we are required to communicate with our students in many ways.



Our job as Pilates instructors is to best communicate our knowledge of the method and create a program of exercise best suited to the client in front of us.

But where do we start? This six-hour workshop will explore the art of teaching with the senses and how to best communicate with our students in the language that they best understand - whether it be visual, aural, tactile or by rote. Through

abstract exercises and practical application learn hone your strongest method of communication and build strength in those with which you are less comfortable.

TACTILE TEACHING

As Pilates instructors we are required to communicate with our students in many ways. This interactive workshop will help you further develop your personal, tactile vocabulary. Through exercises and practice you will learn techniques to effectively stretch, push, pull, strengthen, and guide your students as well as to give and receive feedback. Included will be the specific "pushes and pulls" the Joe Pilates passed on to both Jay Grimes and Romana Kryzanowska

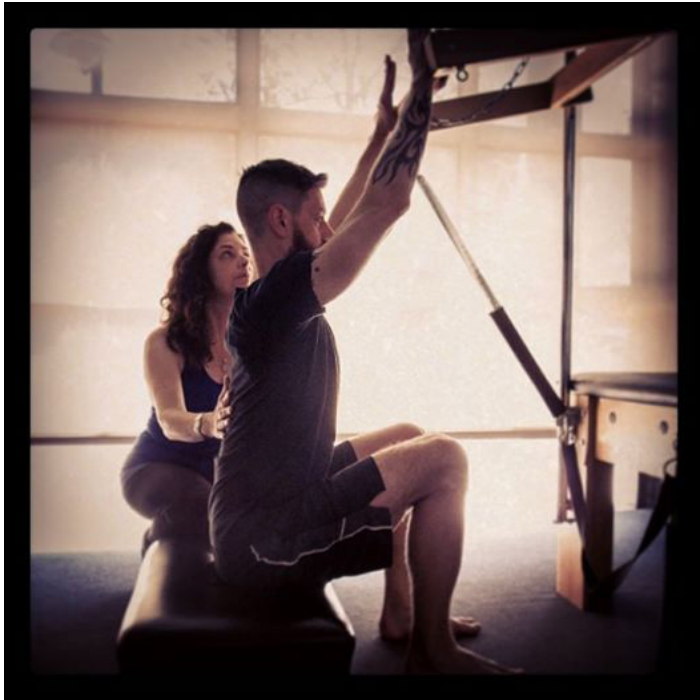
TEACHING THE BEGINNING STUDENT

As Pilates instructors we see a wide range of beginning students - from people recovering from injuries, to professional athletes. Learn how to create an individualized program using the entire system for each and every student. We will explore, the use of observation and evaluation, how much or little instruction to give and the balance between correction and movement and flow for the beginning student.

THE ART OF THE PRIVATE LESSON

A Master Class Day

Have you ever planned a private lesson, only to find your client injured, or having an off day? How do you go beyond the prescribed choreography to create an effective lesson for each client on the fly? Join noted teacher Karen Frischmann for a full day's exploration into the art of the private lesson.



Watch and learn as Karen crafts lessons in real time for a variety of clients. As she teaches, Karen will explain what she sees in each client, and why she chooses each lesson's corrections, exercises and underlying theme for the person in front of her.

Then join Karen for two group workshops where you can explore in depth the questions and observations from the day.

*Please call for rates and schedule options.

TEACHING TEACHERS

Teaching teachers requires a different level of focus and instruction than even the most advanced client. Learn techniques and approaches for your professional clients in private lessons, workshops and convention settings.

THE BUSINESS OF PILATES

PLANNING BUDGETING AND FINANCIALS

Knowing where you are financially is the cornerstone to a successful business. Learn quick and simple skills and techniques to help you evaluate where you are now and develop a financial plan to get your business to where you want to be. This workshop is developed to address the needs of both studio owners and independent instructors. Laptop computers or tablets will be required for this seminar.

MARKETING

Do you know where your strengths as a teacher are? Who are your best and most profitable clients? Are your current marketing efforts successful or falling flat? Are you struggling to decide where to put your efforts in marketing? This seminar will take you beyond word of mouth advertising, define your niche market, explore how to market effectively online and through more traditional methods.

BUSINESS BUILDING

This workshop is for all teachers, whether you are just starting out, or have been teaching for a while. Together we will look at where you are now how you want to grow your business and put a plan in place to make it happen.



TEACHING RATES

CONVENTION RATES (Per Hour)

Workshops	\$350
Private Lessons.	\$150
Semi-Private Lessons	\$95/student

In addition to the workshop fees sponsors will be responsible for instructor's travel, private room and per diem expenses.

STUDIO VISIT RATES (Per Hour)

Workshops	\$300
Group Classes	\$150
Private Lessons.	\$125
Semi-Private Lessons	\$85/student

In addition to the workshop fees sponsors will be responsible for instructor's travel, private room and lunch expenses.

For more information, please contact:

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