

Mat Pilates Plus®
Integrated Movement Therapies (IMT)

Teacher Trainer Weekend Syllabus

WEEKEND 1:	DIVIDING THE BODY INTO PARTS TO ENLIVEN THE WHOLE: The Anatomical Body in Motion
WEEKEND 2:	CORE CONCEPTS: Alignment Principles You Need To Know
WEEKEND 3:	VERTICAL INTEGRATION: Taking A Stand From The Ground Up
WEEKEND 4:	MOVEMENT FUNDAMENTALS #1 & THE PILATES BASICS
WEEKEND 5:	MOVEMENT FUNDAMENTALS #2 & INTERMEDIATE PILATES
WEEKEND 6:	ADVANCED PILATES & TEACHING TECHNOLOGY

MODULE A:

Weekend One: *Anatomical Body in Motion: Dividing the Body into Parts to Enliven the Whole*

- ✓ Anatomy of Respiration & Breath Support
- ✓ Restorative Series: Creating Space in the Body
- ✓ The Spinal Fundamentals
- ✓ The Pelvis
- ✓ A Meeting with your Hip Joints
- ✓ Arm Fundamentals: Anatomy and Biomechanics of the Shoulder Girdle

Weekend Two: *Core Concepts Embodied: Alignment & Movement Principles you need to know*

- ✓ Dynamic Alignment and Movement Principles & Theory
- ✓ Developmental Movement Patterns
- ✓ Neutral Spine/Neutral Pelvis
- ✓ Client Propping for Neutral Spine
- ✓ Pelvic Femoral Rhythm & Scapulohumeral Rhythm
- ✓ Pre-Setting the Integrity of Your Core: Core Stabilizers Demystified

Weekend Three: *Vertical Integration: Making Connections from the Ground Up*

- ✓ Introduction to Myofascia
- ✓ The Foot and the Knee

- ✓ Surfaces, Edges, and Trace Forms: Deconstructing Arm Movement
- ✓ Vertical Movement Series

MODULE B:

Weekend One: *Fundamentals #1 & Pilates Basics to Intermediate*

- ✓ The Five Jewels
 - *Forward Pelvic Shift Series*
 - *Thigh Lift Series*
 - *Abdominal Curl Series*
 - *Arm Reach Series*
 - *Knee Drop Series*
- ✓ Progression through Pilates Beginner to Intermediate Syllabus
- ✓ Relevant biomechanics, alignment, verbal cueing, hands-on skills, movement principles, modifications and counter-indications

Weekend Two: *Fundamentals #2 & Pilates Intermediate*

- ✓ Five more Jewels
 - *Hip Extension Series*
 - *Thoracic Extension Series*
 - *Sitting & Kneeling Spinal Series*
 - *Side Body Series*
 - *Quadruped Series*
- ✓ Progression through Pilates Intermediate to Advanced Syllabus
- ✓ Relevant biomechanics, alignment, verbal cueing, hands-on skills, movement principles, modifications and counter-indications

Weekend Three: *Pilates Hard Core & Teaching Technology: From Practice to Instruction - The Teacher Within*

- ✓ Advanced Pilates Syllabus
- ✓ Teaching Technology Module
 - Student Practice Teaching and Feedback
 - What Type of Teacher are you?
 - Teaching Fundamentals: The Four Gems
 - The How of Movement: A Layering Process
 - The Art of Cuing
 - Review of Full Movement Principles Series
 - Role of Touch
 - Nature of Movement Phrasing
 - Creating a Class / Creating a Movement Experience
 - Problem Solving Class Inter-Relationships
- ✓ Q & A / Closure