



ugly duckling pilates

workshop

<http://uglyducklingpilates.com>

Marie-José Blom

comes to Toronto

MARIE-JOSÉ has been combining Pilates technique and dance medicine for well over twenty years. Her mission statement is "the implementation of movement sciences elevating Pilates into the twenty-first century." Marie-José Blom pioneered and founded her comprehensive Teacher Training courses as a master teacher in 1991 at Long Beach Dance Conditioning. She remains committed to research and continuing education in her specialty subjects of pelvic and lumbar stability and movement techniques. Marie-José has is currently on faculty at Southern California's Loyola Marymount University where she teaches anatomy/Kinesiology and physiology for the department of dance concurrently with her directorship of LBDC and her teacher training courses. Marie-José has established programs at various international facilities and is in demand for lectures both locally and internationally for institutes, physical therapists and movement educators.

The Essential Role of the Shoulder Girdle and Thorax in Taking the Weight Off the Shoulders (8 hours)

This workshop will demystify the biomechanics of the shoulder girdle and its dependency on the stability on the Thorax. A stable and controlled Thorax unifies the connections of the lower Core with the shoulder girdle into the body as a whole.

OBJECTIVE: to introduce the knowledge of sound biomechanics and new cueing vocabulary into the Pilates repertoire with renewed comprehension and skill of shoulder girdle movement.

OUTLINE: Architecture, evolution and joint structure of the shoulder girdle. A closer look at the scapular and glenohumeral movement and the relevance in Pilates repertoire.

1. The Role of the Thorax

- Thoracic mobility and the effect on the shoulder girdle.
- Insight to postural habits and holding patterns affecting mobility and stability including the Janda Principles.
- Directional verbal and tactile cueing for:
 - a. stability
 - b. movement
 with Practical Application into the Pilates repertoire using Mat, Reformer, Trapeze Table and Wunda Chair.

2. Bone rhythms and Force couples

- Making movement easy

Dates: Friday April 22nd – Sunday April 24th – 2011

Location: Ugly Duckling Pilates /130 Rosedale Valley Road, unit 508, M4W1P9, Toronto, ON

Time: 9am – 6pm

Contact: 416.972.1844 / angela@uglyducklingpilates.com

Embracing the Curves, and Unravel the Mystery of Scoliosis (16 hours)

This enlightening 2-day workshop revolves around the spine, emphasizing the understanding of the more mysterious lateral curves or scoliosis. This in-depth journey will clarify any doubts or hesitations in the application of Pilates Work benefiting the client with scoliosis. The hands-on approach of this workshop emphasizes simplicity, clarity and safety. The work will also address a protocol suggestion for the Harrington Rod population. The use of repertoire with Pilates equipment will enrich your teaching vocabulary, lift your confidence and optimize your expertise. This is considered an intermediate course.

Objectives:

- Gain confidence in the application of Pilates movement repertoire with Scoliotic clientele
- To gain a better understanding of the strategies of spinal rotations
- To integrate Pilates exercise protocol through the existing repertoire
- To apply and customize Pilates repertoire to meet the Scoliosis client's needs
- Introducing the specific Scoliosis corrective and directive cueing technique
- Learn new approaches and modifications to improve movement balance and spinal mobility

250 – single day // 450 – two day // 650 – all three
preference granted to those attending all three

spaces reserved with \$100 deposit or full payment
unless otherwise agreed in advance

PLEASE NOTE: CATS IN THE STUDIO