



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 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.

From the Soul of the Foot to the Core of the Body *(Friday)*

This two-part workshop introduces the relationship between the proper placement of the foot and ankle and the performance of the entire body. The morning session includes an introduction to the functional anatomy of the foot and ankle, embodying the information by locating the structures on your own body and developing an understanding of the movement of the bones through seeing, feeling and understanding.

The afternoon session includes dynamic alignment and strength exercises for the foot and ankle, integration of optimal placement of the feet in Reformer and Trapeze Table exercises, and understanding the effects of foot placement on the rest of the body.

Objectives

- Develop a deep understanding of the relationship between the foot and ankle and the entire body
- Form a strong physiological appreciation for the significance of the foot and ankle, and their potential affect on body performance
- Learn to integrate Pilates exercise protocol through existing repertoire for foot and ankle

Dates: Friday May 4th – Sunday May 6th – 2012

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

\$100 deposit required to hold your space (\$50 for the single day);
deposits are non-refundable April 25th

Body Logic: Merging Wellness and Fitness to Create Real-Life Pilates Programs *(Saturday and Sunday)*

Discover Pilates as a vital and meaningful integration methodology that bridges the gap between the therapeutic and conventional studio environment. Body Logic content focuses on improving the instructional quality and biomechanical understanding of Pilates exercises using Pilates equipment. This workshop aims to deepen the teaching skill level of the practitioner to merge wellness and fitness into true vitality for the client/patient.

Objectives

- Improving and deepening the teaching skill according to new movement biomechanics through concept of length tension: dynamic core control
- The understanding of a new model of human movement as the foundation of our teachings (according to Phillip Beach)
- Expanding the repertoire with:
 - Variations and modifications suitable for therapeutic or clinical application
 - Further using variations to deepen the body of work

Course Curriculum includes:

- In-depth functional anatomy biomechanics illustrated by 3D presentations and PowerPoint
- Practical applications of these teachings are applied in the analysis of the movement repertoire
- The course is taught in a noncompetitive supportive environment where each student will experience the work hands-on and will practice the teaching and cueing in one format

Location: Ugly Duckling Pilates /130 Rosedale Valley Road, unit 508,
Toronto ON, M4W 1P9

Time: 9am – 6pm

Contact: 416.972.1844 / angela@uglyducklingpilates.com

PLEASE NOTE: CATS IN THE STUDIO