

# MARIE-JOSÉ BLOM

## AT UGLY DUCKLING PILATES | TORONTO | FALL 2017



**MARIE-JOSÉ** has been combining Pilates technique, cutting edge anatomy and dance medicine for well over thirty years. She dedicates her years of movement, research and teaching experience to helping Pilates Professionals reach beyond instruction into movement education.

She has pioneered several teacher training and mentorship programs, has established programs at various facilities internationally (first at Long Beach Dance Conditioning) and created the Smart Spine Wellness System and Company.

Marie-José is a regular presenter for Balanced Body University, Pilates On Tour, Pilates Method Alliance and is in great demand by institutes, physical therapists, and movement educators.

In 2014, she was published in the Fascia research book titled "Fascia- The Tensional Network of the Human Body" by Robert Schleip, Thomas W. Findley, Leon Chaitow and Peter A. Huijing.

### CORE INTELLIGENCE:

A NEWLY DEVELOPED INTRODUCTORY VERSION OF MARIE-JOSÉ'S DEFINITIVE 5-DAY COURSE.

- 1-day workshop - \$250
- Friday, November 3<sup>rd</sup>
  - 9am-5pm

Build beyond your existing expertise, broaden your knowledge, and develop skills that allow you to cater to a larger clientele base.

Stage 1: FASCIA  
POWERPOINT PRESENTATION

Designed to provide thorough insight into the fascial realm, participants gain a deeper understanding of how "core ability" and movement in general is communicated and understood by the body. Learn how connective tissue and the power of touch can affect the reduction of injury rates, pre-strengthen clients with special needs, improve training and identify faulty movement patterns.

Stage 2: NEW CONCEPTS  
OF CORE STABILITY

Using new understanding of the efficient integration of the trunk stabilizing muscles, this workshop will proceed with instruction on how to apply these principles to reduce premature global recruitment and decrease strain on the musculoskeletal system.

Participants will also benefit by using this approach with their own bodies—to improve their stamina and reduce strain while teaching their own students.

### STRIDING AHEAD:

"GAIT-WAY" TO AN OPTIMAL FUNCTIONING BODY

- 2-day workshop - \$450
- Saturday, November 4<sup>th</sup>  
& Sunday, November 5<sup>th</sup>
  - 9am-5pm

Walking, gait, striding, and ambulation are all words that describe the act of upright forward progression in gravity.

This poise in motion called walking has the potential to provide the whole body with the most synergistic and complete movement.

THIS 2-DAY WORKSHOP WILL INTRODUCE A SYSTEMATIC AND LOGICAL APPROACH TO DECONSTRUCT AND THOROUGHLY UNDERSTAND THE RELATIONSHIP BETWEEN THE BIOMECHANICS OF THE FOOT, THE SACRUM, THE PELVIC FLOOR, AND THE RESPIRATORY SYSTEM.

Learning to understand this interrelated labyrinth in human motion provides a tool to restore the communicating pathways via the fascial and neuromuscular system, allowing ease and buoyancy in this most fundamental and shared movement.

Performed well, this efficient yet complex coordination of locomotion may be the most therapeutic and restorative activity one can undertake. One that requires no special equipment, no gear; only your own body and commitment to move.

BOTH WORKSHOPS / THREE DAYS\* - \$650

\*Reservation priority granted to those attending all three sessions

- \$100 deposit required to hold your space (\$50 for the single day)
- Deposits are non-refundable after October 28<sup>th</sup>, 2017
  - There will be a 1-hour break for lunch each day

WORKSHOP LOCATION:



ugly duckling pilates

130 Rosedale Valley Road,  
Unit 508, Toronto ON, M4W 1P9

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PLEASE NOTE: 2 CATS LIVE IN THE STUDIO.  
WE ARE A SCENT-FREE ENVIRONMENT.