



Mobile Mini Intensive Description:

From Limb to Limb: Developing Strength in our Extremities Using the Low Chair as our Tool

Because of its size and design the Low Chair is extremely versatile! The exercises practiced on it are brilliant because they can address several skills in the Pilates Method at once. The Low Chair is also a wonderful way to explore movement potential and strengthening in our limbs while in various positions in gravity (upright, prone, supine, etc.): it can help teach us how to hold up or move our own bodies in space with just the right amount of resistance. With the Low Chair as our apparatus of choice we will attempt to address the following during this Mobile Mini:

- Explore exercises that involve leg movement/range of motion/strength combined with dynamic pelvic stability in numerous ways.
- Explore exercises that involve arm movement/range of motion/strength combined with dynamic shoulder girdle stability.
- Investigate: idea of head/neck complex as a "5th limb". Neck strengthening on the Low Chair.

The repertoire is actually quite extensive and challenging; the longer time frame will allow us to

- Learn and practice the more advanced exercises.
- Explore modifications, spotting/partnering and discover which spring settings are best for your client.
- The idea of creating a "flow" for your Chair class or session: moving from one exercise to the next in order to stay energized and receive maximum benefit from the repertoire that is available.
- If requested, we can also explore the Wunda Chair (also known as the High Chair).

Reformer OR Tower/Cadillac Theme and Variations

Intensive Description:

Do you feel like you teach the same exercises over and over again? Do you ever feel as though you would like to break out of the mold of the "Classical Repertoire", or the list of exercises you learned in your training program?

There are many variations on the theme of Classical equipment work. Allowing ourselves to be open to different choreography, spring settings, breathing and movement patterns can be exciting, so let's add to the palette of exercises you already know and appreciate! Kathy Grant used to say that Joseph Pilates taught the exercises differently depending on the body in front of him. Over the years we've compiled a list of various interpretations of the Reformer and Tower/Cadillac repertoire and can help give a new perspective. Drawing from the inspirational work of Kathy Grant and from our own experiences we will review the Pilates exercises from beginning level through advanced and offer variations throughout to add to your Pilates "tool-belt."

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Our intent with this Mobile Mini is to help you:

- Diversify your practice and your teaching of the Reformer or Cadillac/Tower Pilates work.
- Increase your confidence with the equipment and help you modify or change existing exercises to make them more accessible to your clients as they progress in their Pilates practice.
- Cultivate your own spirit of innovation: we all have had experiences with exercises “just not working” for our clients in the past. What will work moving forward? Let’s get creative!

*Due to the nature of this Mobile Mini it would be preferable for you to choose whether the Reformer or Tower/Cadillac will be your equipment of choice to explore.

A Kathy Grant Introspective: Before the 100’s

Like many of the Pilates elders, Kathy Grant was an inspiration. The purpose of this Mobile Mini is to share the masterful way that Kathy was able to communicate with all her students on a very personal level to ensure their success. She did this by creating her own ingenious set of exercises, images, and themes in order to help teach people the movement skills they needed to adopt *before* they attempted the actual Pilates exercises. By approaching the work with our clients in this way, we may help them be more successful in their movement experience, which is always the goal.

During this Mobile Mini we will

- Introduce you to a body of Mat work that we call Before the 100’s – a compilation created by Kathy Grant and expanded upon by Cara Reeser
- Explore some of Kathy Grant’s themes and ideas such as “move but don’t move”, “one size doesn’t fit all”, “tension volume levels” and the idea of imagery as a tool for experiential learning
- Investigate what skills are necessary before attempting the Pilates vocabulary: let’s explore functional movement as a tool for learning Pilates!
- Help you cultivate some ideas for your studio: could this work be adopted in order to access a variety of clientele? We have found great success incorporating this work not only with our private clients but in group classes as well....

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