

= Revitalize your Pilates Teaching =
Workshops with Clare Dunphy Hemani
Studio "pilates erlangen" City Erlangen, Germany
Friday May 1 until Sunday May 3, 2020



Again, 2020, Master trainer Clare Dunphy Hemani will visit us. We like to invite you to join this „Revitalize your Pilates Teaching“-Event. After the annual great success since 2011 Clare Dunphy Hemani is back again with several workshops. This is an opportunity to expand your Pilates-horizon.

We are looking forward to offer 3 days of intensive Training AND additionally you can book observations and privats on Thursday (April 30). Take the chance to open up another gate of learning, exchange experiences and use the time for Q&As with this exceptionally Master trainer.

Special April 30 (Thursday): **Clare´s Master-Training-Day** (Book your Private and/or Observations)

Day 1 (May 1 – Friday): " **Tech Neck Rescue / Liberate your Upper Powerhouse**, all level. (4/4 CEC´s)

Day 2 (May 2 – Saturday): " **Lost Art of Sitting, Standing + Squatting** ", all level. (8 CEC´s)

Day 3 (May 3 – Sunday): " **Mobility vs. Stability: Where´s the Balance** ", all level. (6 CEC´s)

All Workshops/Presentations are in English.

Workshop CEC´s are pre approved by Peak Pilates and can be used to extend Certificates.



Clare Dunphy Hemani,

Progressive Bodyworks founder, is based in Newburyport, Massachusetts. Her roots in the field of human movement began at Northeastern University with a BS in Physical Education in 1985, and holds certifications from PMA, ACE, and Romana (Pilates Guild). In 1995, Clare began her Pilates studies under Romana Kryzanowska and has since studied with several other teachers. A presenter on Pilatesology.com and PilatesAnytime.com, Clare also hosts two free video channels on Vimeo.com for students and teachers interested in supplemental learning. As co-author of the Peak Pilates Comprehensive Education Program, she mentored scores of teachers and teacher trainers between 2001-2013. Clare´s Newburyport studio is a unique space where students and teachers around the world come to hone their technique and study the

art of teaching. Committed to preserving the authenticity and tradition of Pilates, her approach is refreshing, energetic and supportive. Clare is excited to bring her talents her latest project **Pilates Avatar**, a comprehensive audio program designed for practitioners of all levels and as a new program offering for studios. Clare's gift is her willingness to share knowledge generously and her ability to explain concepts in simple, clear ways. Her mission is to support the potential in all students/teachers and to keep the spirit of Joe and Romana alive in her work. Follow Clare at www.progressivebodyworksinc.com and on Facebook.

April 30 (Thursday): Clare´s Master-Training-Day



Mat Class (max.15)

8:30 for students all level (16 Euro/person)

Sessions: PT, Duo or Trio´s (50 min. slot)

10:00, 11:00, and 14:00, 15:00 and 16:30,
price: PT - 130 €/ Duo – 150 €/ Trio 165 €

Observations

include 15 min. Observation reviews for any Q(estions) & A(nswers)
12:00 and 16:00 (25 €/ person / day)

Please send your booking to: studio@pilates-erlangen.de

== Workshop Descriptions, May 1 until May 3, 2020 ==

May 1 (Friday): Tech Neck Rescue (4 hrs. workshop, 09:00 – 13:00)



Tech Neck is a modern-day issue, spanning all generations, that's not going away anytime soon. The neck's muscles, tendons, and ligaments are meant to support the head's weight – 10-12 pounds – in a neutral position balanced on top of the cervical spine. For every 1 inch the head falls forward it places an additional 10 pounds of force on the neck, sometimes up to 50-60 pounds when looking down at your phone! We'll review general neck anatomy and focus on specific Pilates neck exercises including less known Cadillac exercises, Neck Stretcher, Pedi-pole, and overall posture in specific exercises where the neck typically shows up as an issue. The discussion looks from the perspective of a progressive continuum for all levels of neck strengthening on multiple apparatus.

May 1 (Friday): Liberate your Upper Powerhouse (4 hrs. workshop, 13:00 – 18:00)

Shoulder tension and a general stiff upper body is tricky to understand because so many body parts are involved and can mask the real issue. Where is the “real” issue and how do we address it? Related to “tech neck”, the entire upper torso is part of the big picture which involves bringing the upper torso into better alignment and balance to reduce pain and trigger points in the upper back. We'll explore, then dissect and identify practical solutions in various body positions and on different apparatus, ending with the value of handstands and where they occur everywhere from the basic to advanced system.



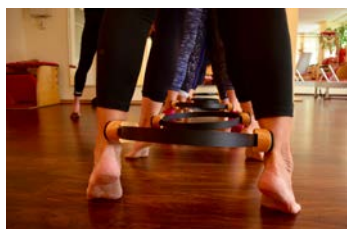
May 2 (Saturday): Lost Art of Sitting, Standing + Squatting (8 hrs. workshop, 09:00 – 18:00)



Sitting is the new smoking and another modern-day reality of office jobs, long commutes, and long drives. It's time to consider *how* we sit (and stand) so we do it better and reduce suffering from chronic low back pain, hip issues, and negative effects of muscle imbalances. Healthy mobility in the low back, hips, knees, and ankles are the promises of Pilates (done right) with Pilates squats being an important antidote that we will breakdown and better understand. We will certainly dive into sitting, standing and squatting positions in the Pilates repertoire on various apparatus in addition to how to take it out into daily life.



May 3 (Sunday): Mobility vs. Stability: Where's the Balance? (6 hrs. workshop, 09:00 – 16:00)



Flexibility is a good thing but how much might be harmful or unsafe? Stability is a good thing but how much is enough? What does that look like in different body parts and what's the difference between the two? What about bodies that are over tight everywhere or only in certain places? A healthy balance is our goal. Actually, there's more to consider here... Joe Pilates called it “suppling” the body and it involves understanding where a body is on the spectrum of tight, mobile, stable, and the ability to actually move. We will explore metrics that measure and assess joint specific progress for clients to see their improvement over time.

Organisational:

- Clare Hemani is teaching all workshops.
- Workshops starts daily at 9:00, and a 60 minute lunch break is included.
- During the complete workshop we provide drinks and during lunch we organize food.
- Saturday evening there is the possibility to join a dinner starting at 19:00 Restaurant „Mein Lieber Schwan“ (near by the Studio)

Travel information:

- **Studio** „pilates erlangen“ Lazarettstrasse 4, Erlangen (North Erlanger City area)
- **Car:** Highway exit „Erlangen Nord“ Highway A73, Parking directly after highway exit for free, 5 min. walk
- **Railway:** Railway Station „Erlangen“ (direct railway connection between Berlin-Nürnberg), 10 min. walk
- **Airport:** „Nürnberg“, 14 km distance to Studio; the best is to take a taxi.

Hotels:

Following hotel are in walking distance to the Studio

- A.B. Hotel**, Harfenstrasse 1c: **, no reception, 5 Min. walk
- Quality Hotel Erlangen***, Bayreuther Str. 53, 9 Min. walk
- Hotel Der Graue Wolf***, Hauptstrasse 80, 4 Min. walk
- Boutique Hotel Villa-Soy****, Östliche Stadtmauerstraße 4, 14 Min. walk
- Hotel Altmann's Stube****, Theaterplatz 9, 7 Min. walk

For more Hotels and detailed information please look up in the internet accordantly.

Pricing:

(Until March 31,2020):

4 Hrs.: 219 € **6 Hrs.:** 299 € **8 Hrs.:** 389 €

(From April 1, 2020):

4 Hrs.: 249 € **6 Hrs.:** 329 € **8 Hrs.:** 419 €

Discount Key for your booked Total:

1 Day: 0 % 2 Days: 5 % 3 Days: 10 % Discount (Rabatt)

19% German VAT already included

Registrationform

Name:

Address:

ZIP:

City:

Country:

Mail:

Phone:

Workshops:

		Until 31/3/2020	from 1/4/2020
<u>May 1:</u> Tech Neck Rescue	(09:00 – 13:00)	<input type="checkbox"/> 219,00 €	249,00 €
<u>May 1:</u> Liberate Your Upper Powerhouse	(14:00 – 18:00)	<input type="checkbox"/> 219,00 €	249,00 €
<u>May 1:</u> Both Workshops	(09:00 – 18:00)	<input type="checkbox"/> 389,00 €	419,00 €
<u>May 2:</u> Lost Art of Sitting, Standing + Squatting	(09:00 – 18:00)	<input type="checkbox"/> 389,00 €	419,00 €
<u>May 3:</u> Mobility vs. Stability: Where's the Balance?	(09:00 – 16:00)	<input type="checkbox"/> 299,00 €	329,00 €

Total €

Discount Key for your booked Total:

1 Day: 0 % 2 Days: 5 % 3 Days: 10 % Discount (Rabatt)

19% German VAT already included