

**Face to Face Workshops
in January and February 2023**
at the
Body Control Pilates Centre, London

VoiceGym® for Pilates Teachers

with

Alexander Evans

FACE TO FACE WORKSHOP!



Friday 20th January 2023

10am-4pm

£130 (Academy members **£115**)

3 spaces left

CPD: A30

"Amazing - everyone should do it!"

"An inspirational presenter"

As Pilates teachers, the voice is an essential tool in the practice of teaching. Yet maintenance of the voice is often neglected. This 6-hour workshop (including breaks) will introduce you to **VoiceGym**, an established programme of exercises that helps develop and maintain the voice. The programme was put together by Angela Caine using the principles of Pilates, Alexander Technique and functional anatomy, coupled with years of dealing with troubled voices, including her own.

The workshop will cover three key areas of VoiceGym:

1. Whole body exercises to connect the voice, body and brain.
2. Face muscle exercises focusing on tongue posture and jaw translation
3. Useful techniques and tools on how to introduce voicework in to one's own teaching practice.

This will be an informative and energising day tailored to the needs of Pilates teachers and with much focus on 'play'. It will include a **'Troubleshooting' section** – tips on how to beat common ailments and keep yourself teaching.

Group size will be small (no more than 8) to ensure maximum benefit for each participant.

ABOUT ALEX:

Director VoiceGym Limited, VoiceGym Instructor, Body Control Pilates Instructor

Alexander is director of VoiceGym. He met Angela Caine, the founder of VoiceGym, whilst studying for his degree in music at Southampton University and on graduating he continued to study and teach VoiceGym at the Voice and Body Centre.

He collaborated with Angela for 18 years primarily studying the effects of dentistry and structural misalignment in 'performance' and has taught and help develop VoiceGym and Early VoiceGym. He has coached leading West End artists, opera singers and international recording artists, including Shania Twain in preparation for her residency at Caesars Palace, Las Vegas, as well as dentists, osteopaths, doctors, lawyers and teachers and comedians!

Alexander is a founder member of the **Dynamic Smile** team in Hungary where he has helped set up the first VoiceGym in an orthodontic practice, and visits regularly to teach. Along with VoiceGym workshops in the UK and abroad, he also currently runs VoiceGym teacher training workshops for Body Control Pilates and has presented at their Development Weekends.

He has also forged his own career as an actor/singer performing in West End Musicals, UK and international tours and is soon to return in 2023 in the West End revival of Bonnie and Clyde.

Kathy Corey Reformer Workshops

FACE TO FACE WORKSHOPS!



Friday 10th February 2023

We are pleased to bring you a rare chance to work face to face with Kathy Corey, who brings some 40 years of experience to her teaching.

There will be two 2½ hour workshops – come to one or both (discounted fees for booking both). You should be Reformer-qualified or have attended our Reformer 1 course to book these workshops. There may be some sharing of Reformers.

- Times:**
- 10am-12.30pm**
Flexibility vs Stability on the Pilates Reformer
CPD: A15
 - 1.30pm-4pm**
Rotational Reformer
CPD: A15
- Cost:**
- £110 per workshop (Academy £99)**
 - Book both for £199 (Academy £179)**

Flexibility vs Stability on the Pilates Reformer

This workshop addresses the assessment of both hyper-mobility and rigidity and how to correct problems and imbalances. It helps you to correctly balance core movements and functionally re-train core and spinal muscles. The workshop teaches how to modify movements for the individual needs of each client and provide the essential support to maximise and stabilise the movements through a complete program of exercises. Get an in-depth understanding of the how to approach the same exercises with a different focus to achieve different results. We will perform the same exercises with a change of focus and body awareness to feel the differences we can make in our own bodies and our client's alignment.

Rotational Reformer

This workshop will look at ways to take original repertoire movements and change the dynamics of your workout with rotational movements on the Reformer. These movements help to increase movement challenge and motivate students using flow of motion and innovative sequencing.

ABOUT KATHY

Kathy Corey is a Master Teacher who began her career with the Pilates Technique in 1979. She has been a leading expert in the Pilates community for 40 years and is the Director of Kathy Corey Pilates. The Kathy Corey Certification Program is taught at locations across the United States and her continuing education programs are taught in over 20 countries. In 2004, she designed the innovative CORE Band®, which is used in studios around the world. The CORE Band® Mat Class is recognised as an enhancement to the traditional mat exercises. Since 2007, Kathy Corey has been a Chairperson of the IDEA Pilates Task Force as well as being on the Contributing Editor Board for IDEA Pilates Today and is considered an IDEA Expert. In 2007, she was selected by IDEA as one of ten people in the world "Who Inspire the World to Fitness," the fitness industry's highest form of recognition. Kathy is a "Distinguished Instructor" for Pilates Anytime. She has also presented for the Body Control Pilates Central channel and will be recording new content in early 2023. In 2013, Kathy received the first Plaque of Appreciation from Pilates in Asia for her outstanding performance and contribution to the growth of Pilates around the world.