

Online Workshop Descriptions

Q1 2023

Paul Howse

Cara Reeser & Jeremy Laverdure

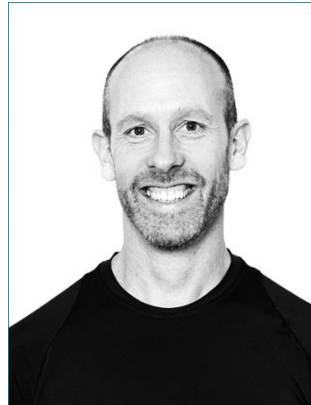
Cameron Angus

**Please see our schedule emails for payment details
or call us on +44 (0)207 636 8900**

Get More from your Mat!

An **online** workshop with

Paul Howse



Friday February 17th 2023

**10am-12pm & 1pm-3pm
(4 hours in total)**

£90 (Academy Members £80)

CPD: A30

Matwork Pilates is mainly open-chain work, yet sometimes our clients need a little more proprioception to give them the feedback they need. This can be gained through the introduction of small equipment. In this highly practical workshop, Paul will look at how small equipment (such as overballs, Triadballs and bands) can make a huge difference to challenge clients and to help them increase their movement potential. This opens a new realm of possibilities for them well beyond the basic matwork exercises. You will leave this workshop with a host of new ideas and an expanded repertoire – all ready to be used in the next class you teach! A great workshop for newer teachers especially.

ABOUT PAUL

Paul began practising Pilates in 1999 after sustaining a sports-related injury to his spine. He had previously spent 15 years as an engineer, but, following his injury, he decided to retrain as a Pilates teacher. Paul has been teaching Body Control Pilates since 2003 and is now a member of the Body Control Pilates Education tutor team for matwork and small equipment courses. He also teaches classes and 1:1s at his studio in Esher, Surrey. Paul has a wealth of experience in dealing with injuries and still has a keen interest in sport, having completed numerous marathons, half marathons and a full Ironman. He spends much of his time working with athletes helping them attain their full potential. Paul studies biomechanics and believes good movement is the key to a healthy body.

Lift Off

The Upper Limb in Arm-Standing and Brachiation

An online workshop with
Cara Reeser and Jeremy Laverdure
(3 hours a day over 3 days)



Friday 24th - Sunday 26th February 2023

3pm to 6pm daily (UK time) (Total of 9 hours)

£275 (Academy Members £247.50)

CPD: A60

Movement Science Made Simple are delighted to collaborate with Body Control Pilates in bringing you this new online course.

Many high-level skills in Pilates, yoga, and calisthenics require the ability to bear weight on the arms or to hang from the arms. If we view the whole Pilates repertoire with these goals in mind, we can see how open-chain tasks set us up for these advanced closed-chain skills, where the arms are the base that moves the rest of the body through space. We can also appreciate how these high-level skills are the most dramatic expression of abilities we all use every day: the ability to use our arms to help change our position from lying to sitting, or from sitting to standing, for example. Or the ability to steady ourselves using the strength of our arms when our hand is on a stair rail or train/tube pole.

To understand these uses of the upper extremity, from the everyday to the exotic, we need to understand the structure and function of the shoulder, elbow, wrist, and hand. In this Movement Science Made Simple course we:

- Review the musculoskeletal anatomy of the shoulder, elbow, wrist and hand
- Learn training strategies to help clients work toward arm-standing and hanging (brachiating) movements
- Appreciate the places in the Pilates repertoire where arm-standing and brachiating are trained
- Refine our teaching of the Pilates repertoire with these high-level goals in mind

ABOUT CARA

Cara Reeser has been teaching Pilates for close to 30 years. As a former dancer and dance movement educator you could say that she has been inspired by the moving body her entire life, and still is. Cara earned a BA from Sarah Lawrence College and an MFA in Dance, from New York University's Tisch School of the Arts. It was at NYU that Cara began her initial studies in the Pilates Method with first generation Master Teacher, Kathleen Stanford Grant. In 1993, Cara moved to Boulder, Colorado where she continued her Pilates training at The Pilates Center. After completing her training, Cara taught there for six years. In 1999 Cara opened her own studio, Pilates Aligned in Denver, Colorado, which she directed for 20 years. Cara is a Continuing Education provider for Pilates instructors offering a variety of workshops and mentoring programmes for professionals worldwide and online with Pilates Anytime. As a second-generation Pilates instructor and a lineage carrier of the Kathy Grant work. Cara is the lead teacher and director of a postgraduate training program called The Heritage Training. Cara was a member of the Department of Dance faculty at Naropa University for 15 years. She also danced and choreographed professionally for over 20 years. For the past 15 years she has been a dedicated student of the Yoga tradition, which has further inspired her interest in the science of movement and the body-mind connection. Cara currently lives in Brooklyn, NY where she teaches classes, sessions and workshops live and online.

ABOUT JEREMY

Jeremy Laverdure is a physical therapist and Pilates instructor based in New York City. Jeremy's Pilates teaching is informed by his training at The Pilates Center of Boulder, his many years as a yogi and dancer, and his study of Klein Technique with Barbara Mahler. As a physical therapist, he has developed an interest in chronic pain, applying the most current research in that area to his work. For 13 years, Jeremy was an owner of Sixth Street Pilates, a boutique Pilates studio in Manhattan. In 2014, he and Cara Reeser founded Movement Science Made Simple.

Neural Reset: Polyvagal Theory and its Application for Movement Teachers & Psoas: Clever Guy of the Pelvis

Two online workshops with
Cameron Angus



Friday 10th March: Neural Reset - Polyvagal Theory
10am-1pm

Saturday 11th March: Psoas - Clever Guy of the Pelvis
10am-1pm

£110 per workshop (Academy members pay £99)

Book both workshops for £199 (Academy £179)

Exclusive to BCPA Members. CPD List A 15 points per workshop

ABOUT CAMERON

Cameron (MSc MCSP MMACP) is a musculoskeletal clinical specialist Chartered Physiotherapist with 25 years' experience. He has a Masters in Ergonomics, as well as being a member of the Manipulative Association of Chartered Physiotherapists. First coming across Pilates when treating dancers in the 80s and already using clinically similar theory in practice, Cameron went on to train as a Body Control Pilates teacher in 2000. He has since trained with Stott and other Pilates trainers. He is fully studio certified. Cameron recently retired from the military where he was a senior figure in rehabilitation implementation and teaching. He teaches nationally and internationally. Uniquely, Cameron also ran the only-known Pilates sessions in Iraq and Afghanistan! His style is very much about giving good practical teaching supported by excellent theory. His goal: get people moving well!

Neural Reset – Polyvagal Theory for Movement Teachers

I am really pleased to be presenting this workshop, as it is so relevant in these current times, with increased anxiety and stress often presenting itself, in our own, and the bodies, movement, thoughts and reactions. Of those we connect with. The abnormal has often become the new “normal”. Recognising the somatic/embodied aspect of both your clients, and your own, movement practice and teaching, has the potential to further fully explore and take advantage of the wonderful wellbeing potential offered with a mindful movement and awareness approach.

Polyvagal theory explains parts of our nervous system and a human’s response to stressful and calming situations. It has allowed us to add to the potential understanding of the human social engagement system. Its correct and altered functionality! We will discuss and relate the good and poor science of this.

We all know about our fight/flight response, which is one part of this system. We also need to, almost more importantly, consider the other important component, "THE CALMING" component. The reset after fight/flight or stress. The vagal system is a crucial part of our response to our environment, both in protection and resetting to calm or homeostasis. This return to a “normal” is often not achieved, and a “new normal” is often established, which involves poor movement strategies, increased anxiety, altered perceptions and judgements. Appropriate MOVEMENTS are seen as a way to assist the vagal system to "return the human to health" – a neural reset “pathway” for mind and body. I have been involved in the past with using movement and mindfulness in trauma patients’ rehabilitation programmes, and in recent years, seen and recognised the effect of certain mindful movements, with everyone’s wellbeing.

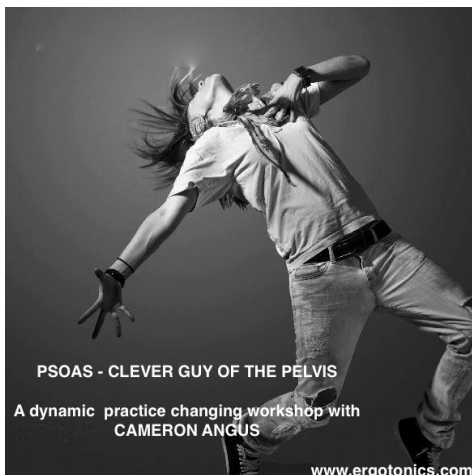
This workshop introduces theory and practical teaching, and how it applies to your teaching and the wonderful opportunities you can realise for yourself, and those you interact with, to recognise the body’s reactions and then promote an effective restorative or "calming" response".

Over three hours we will:

- Review the theory, anatomy and relevant neuroscience
- Review the fight flight response
- Review the "restorative" response
- Introduce the mindful movement approach
- Review movements that are directed at the vagal nerve response to ease anxiety and the stress response
- Enjoy a mindful movement class

This workshop will be recorded for participants to access afterwards.

Psoas: Clever Guy of the Pelvis



How does a muscle become so “famous”? How does so much misinformation spread about one structure? How does a muscle perform so many functions that we legitimately know about - hip stabiliser, rotator and flexor? Spinal stabiliser, spine extensor and flexor! Synergist with so many other connecting movement pathways.

This is an online, abridged version of the popular workshop. It brings an academic and practical workshop via cyberspace to look at these many functions of psoas and identify optimum patterning for the hip, pelvis and spine. We will look at some of the “mystical” language of the psoas and explain how that possibly can be interpreted.

Cameron has been teaching this workshop for over ten years now in answer to the need to establish a sensible “middle road” in this subject for movement teachers. This workshop looks at what we truly know from Cameron’s academic clinical experience and adds his extensive movement education experience, including a 30-year history in the world of Pilates with influences from classical to contemporary.

You will get an understanding of not just Psoas, but of how like every other muscle it is part of various teams (and tissues!), and that this teamwork, is the key to integrating good function and assisting your clients.

Participants will get a relevant anatomy and function lecture then lots of movement explanation using repertoire, suitable adjustments and the usual new moves that can add to your movement library. Get ready to use a bunch of new exercises and techniques, plus new insights into some of the repertoire exercises.

We look at:

- Gaining a deep understanding of regional musculoskeletal anatomy
- Normal psoas, hip and spine kinematics, including role in gait
- Common presentations of so-called dysfunction, including “clicking hips”, “overactive hip flexors”.
- Integration of common Pilates exercises into movement solutions
- What is “release”, when to release, when to activate.