

Online Workshop Descriptions

Q2 2023

**Jenny Tyler
Cameron Angus**

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

Pilates for Swimmers

An **online** workshop with

Jenny Tyler MCSP



Saturday 24th June 2023

10am to 1pm

£100 (Academy Members pay £90)

BCPA MEMBERS ONLY.

CPD: A15

This 3-hour workshop will look at the movement and performance demands of swimming, focussing on the balance between the huge amount of range required plus the need for power generation throughout this movement. We will review the anatomy of the shoulder and the spine and cover exercise variations for both in-water and on-land training for swimmers.

As a Body Control Pilates teacher and sports physio, Jenny has, for many years, run performance Pilates sessions for elite swimmers - many of whom have competed at Commonwealth Games and Olympic level. Both athletes and coaching staff see Pilates as an integral part of training and have seen it help in performance improvement.

Note: this workshop will use the band, the small ball (Triadball or Pilates Ball) and the foam roller.

ABOUT JENNY

Jenny qualified as a physiotherapist from Queen's College, Glasgow in 1990 and trained with Body Control Pilates in 2003. After 7 years working in the NHS covering a variety of specialities, she got a job at FASIC, one of Scotland's leading multi-disciplinary sports injury clinics - and 20+ years later she's still there! One of Jenny's key work objectives is to integrate Pilates, both mat and equipment, into the performance sport programme within Edinburgh University and the wider sporting population. Over the years, Jenny has worked with many different sports including swimming, hockey, golf, rugby, rowing, running, archery, and has had the privilege of working within professional sport including five years with Scottish Cricket and a season at Hibernian football club. She also works extensively with clients with spinal/pelvic pain and enjoys seeing the relief they get from quality movement. In 2014, Jenny created the Body Control 'Pilates for Golfers' course and subsequently has taught many Pilates teachers to look at the movement demands of golf and help address any issues with Pilates-based exercises. Jenny is the Body Control Pilates Regional Co-ordinator in Scotland and helps to support and teach on our Edinburgh-based matwork teacher training courses.

Cervical Spine for Pilates Teachers

&

Pilates for Cyclists

**Two online workshops with
Cameron Angus**



Friday 12th May: Cervical Spine for Pilates Teachers

10am-1pm

Recording available afterwards to everyone registered for this workshop

Saturday 13th May: Pilates for Cyclists: Harmony with the Bike

10am-1pm

Recording available afterwards to everyone registered for this workshop

£110 per workshop (Academy members pay £99)

Book both workshops for £199 (Academy £179)

CPD List A 15 points per workshop

The Cervical Spine for Pilates Teachers

This workshop is geared to Pilates Teachers and focuses on the main issues that clients have with using and integrating head and neck into their movement practice. It will ensure that you have lots of great solutions, cues and insights – and give you, as a teacher, a better understanding of how to integrate the head and neck into the Pilates repertoire and your movement teaching.

The workshop will review the relevant anatomy and the common “issues” around this area that clients come with, including post whiplash, history of disc and similar problems and importantly the fear of movement, poor information and co-ordination issues that are usually prevalent in this population.

We will also highlight relevant research and how that supports movement and your approach, and then ensure that you have a step-by-step process to identify this as a movement teacher and address this. In the UK, the recommended management approach is a very dynamic solution along with recognition of ensuring that nocebic (negative) language is not used and that the positive is emphasised.

The workshop will also look at:

- Relevant musculoskeletal anatomy.
- Common Pathology - Pilates or not?
- Common presentations of cervical dysfunction.
- Update on muscle function research.
- The neck "core" - deep cervical muscle story and appropriate activation.
- How to facilitate the sensory "goldmine" of the head and neck to aid movement. The eyes and other sensory centres in your teaching.
- Importance of whole spine and upper quadrant kinematics. Emphasis on thoracic and scapula integration
- Integration of common Pilates exercises to movement solutions.
- Strategies for common postural lifestyle positions.

Pilates for Cyclists: Harmony with the Bike

What can you, as a Pilates teacher, offer to cyclists, irrespective of their level?

This workshop answers the question with a matwork-inspired focus taken from Cameron’s full “Fit the Bike™” programme which is delivered to cycling groups around the country. Cameron will draw from his experience as a former international triathlete and physiotherapist to British Triathlon and international cyclists, along with lessons learned from his crazy journeys through the mountains of Europe on a bike and speeding through the London traffic to Development Weekends on his Brompton. Using existing repertoire and exploring new ideas, you will learn exercises and movement awareness skills that benefit the cyclist, such as appropriate ‘off the bike’ moves, comfort and performance-enhancing positioning and how to improve awareness on the bike. Whether you are looking to develop a cycling-specific class or if you have cycling clients already, this session will give you some fabulous practical moves that your clients will love and benefit from.

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!