

Two days of workshops with Michael Fritzke and Ton Voogt



Body Control Pilates Centre London Face to Face!

Thursday 8th June & Saturday 10th June 2023

Thursday 8th June 2023:

Studio Equipment Day!

10am-1pm: **The Reformer Onion**

2pm-5pm: **Hip and Pelvis Health on the Chair**

£120 per workshop (Academy £108)

£225 for both workshops (Academy £200)

Sunday 10th June 2023:

Mat Day!

10am-1pm: **Triadball: From Support to Challenge**

2pm-5pm: **Planks, Front Supports, & Push-Ups**

£120 per workshop (Academy £108)

£225 for both workshops (Academy £200)

Note: Book both days for £425 (Academy £380)

CPD: List A15 for each 3-hour workshop

The Reformer Onion

Just like an onion the Reformer exercises have many different layers. In this workshop Michael and Ton will show you how small changes, cues and small props can open up a new layer of experience for your clients. You don't always have to come up with new exercises or variations as there are numerous ways to create versions and variations of existing that will help your client experience them as something completely new. As we move through the layers of each exercise we will get closer and closer to the core of the exercise and of the Reformer. **You should be Reformer-qualified for this workshop.**

Hip and Pelvis Health on the Chair

The Wunda Chair is one of the most versatile pieces of apparatus in the Pilates studio. In this workshop Michael and Ton will use the adaptability of the chair to address your clients' pelvis and hip joint issues. Experience exercises and variations that create mobility, stability and control that will help your clients immediately stand, walk and move with more ease. **You should have attended Chair 1 for this workshop.**

The Triadball™ - from support to challenge

The Triadball™ was the first ball created specifically for the Pilates method over 20 years ago and the benefits are now known worldwide. It can be used to help your clients with their "sticky points" in many of the exercises and can challenge your most advanced clients. In this highly practical workshop Michael and Ton will share new exercises and versions and tricks of the trade that will ensure that by the end of the workshop you have many new ideas for your next 1:1 client or group class.

Planks, front support, and push-ups

In the Classical Mat the front support or push-up positions come out of nowhere. There are no traditional build ups. While we often assume that the client is able to support their body weight with their hands without any problems, we all know better. Many clients sink in their shoulders, cannot support the position in their core and experience wrist pain. In this active and practical workshop you will experience how you can build up to the perfect positions for your leg pulls, side-kneeling side kicks, side bends and push-ups.

ABOUT MICHAEL AND TON

Michael and Ton are internationally recognised Pilates Master Teachers, presenters, educators, consultants, and innovators. They both worked with Romana Kryzanowska, one of Joseph Pilates protégés, for over ten years in New York City, where they were Teacher Trainers for her original international Pilates certification program, and were the Supervising Instructors for the Pilates Studio in New York City. Since 1996, Ton and Michael have collaborated, specialising in the Pilates method. Together they co-founded ZENIRGY, and developed and created the revolutionary TRIADBALL™, Pilates TRIADBALL™ Manual, numerous DVDs (commercial and educational) and set up several independently owned and operated Pilates certification programs in Norway, Austria, The Netherlands, Portugal, England and Costa Rica. Together they serve on a task force for Inner IDEA, the advisory board of AFPA and were consultants for the National Pilates Program at Equinox. In their private practice, they have worked with numerous A-list celebrities. They have also collaborated with a wide range of Physical Therapists to integrate the Pilates method into patient-based therapy programs. Ton and Michael have appeared on ABC, NBC, FOX, Oxygen, and Lifetime and their work has been featured in numerous magazines and newspapers, including Pilates Style, Self, More, Time Out New York, New York Post, and others. Ton has a Bachelor of Science degree in Physical Education and is a certified Pilates Instructor, Pilates Teacher Trainer, Personal Trainer, ACE Group Fitness Instructor, gravitypilates® trainer and gravitygroup:strength trainer. He is a former member of the Dutch National Gymnastics team, and former performer with international stage, film, and television credits. Michael is a certified Pilates Instructor, Pilates Teacher Trainer, Personal Trainer, gravitypilates® trainer and gravitygroup:strength trainer and Reiki Practitioner. He is a former performer, with Broadway, national and international credits as a performer, dance-captain, stage manager, and resident director.

To book, please see emails with payment details.

Workshop References for transfers:

RO: Reformer Onion

HP: Hip and Pelvis Health

TB: Triadball

PF: Planks, Front Supports, Push-Ups