

Online Workshop Descriptions

This update: October 2023

Jenny Tyler – Pilates for Swimmers

February 2024 – details below

Kyle Blackburn – Shoulder Pathology

February 2024 – details below

Cara Reeser and Jeremy Laverdure – Look, Listen, Push, Pull

February 2024 – details below

Pilates for Swimmers

An online workshop with

Jenny Tyler



Saturday 10th February 2024

10am-1pm

£100 (Academy Members pay just **£90**)

CPD: A30

This 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, a 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 elite 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 our Scotland-based matwork teacher training students.

Shoulder Pathology and how Pilates can help

An **online** workshop with

Kyle Blackburn MSc.



Saturday 10th February 2024

10am to 1pm

£100 (Academy Members pay £90)

BCPA MEMBERS ONLY.

EARLY BOOKING RECOMMENDED – ALWAYS FULLY BOOKED!

CPD: A15

In this three-hour workshop we will look at the topic of shoulder pain and examine in detail two of the most common conditions - frozen shoulder and rotator cuff problems. Alongside a study of the anatomy involved, we will review rehabilitation considerations and, in particular, how Pilates can help.

ABOUT KYLE

Kyle Blackburn

Kyle has been very well-known to Body Control Pilates teachers for more than 10 years through his work on the Level 4 Low Back Pain course (which he helped to write), his Anatomy Day tutoring, his workshops, and his numerous Development Weekend presentations. He qualified from Brunel University College in 1995 and completed an MSc in neuro/musculoskeletal physiotherapy from UCL in 2003. He is a regular presenter on Body Control Pilates Central and has also been delivering online workshops for Body Control Pilates to teachers and students in Japan.

**Look, Listen, Push, Pull:
Training Freedom and Support in the Head, Neck, and Shoulders**

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



Friday 23rd - Sunday 25th February 2024

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

Early Bird: £260 (Academy £235, Academy Plus £220)

Book and pay by November 1st 2023! (subject to availability)

Regular Price: £295 (Academy £265, Academy Plus £250)

A recording of all three sessions will be made available for 30 days to those who book, whether you are able to attend each session or not.

The use of our neck and shoulder is central to our experience as humans. Our neck functions to position our head for seeing, hearing, and communicating and our shoulders allow us to reach and grasp in a large range.

Because we use our neck and shoulders continuously throughout the day, this can be an area where we experience a lot of difficulty and discomfort. Poor postural habits, learned physical attitudes, and our universal use of computers probably contribute! Fortunately, good motor control and strengthening protocols have been shown to improve neck and shoulder function and reduce pain.

In this Movement Science Made Simple course we will:

- Study the anatomy and biomechanics of the cervical spine and shoulder girdle.
- Update our cueing to reflect a deeper understanding of joint mechanics and muscle actions.
- Examine the relationship between the arms, shoulder girdle and trunk in both open and closed chain movements.
- Learn simple exercises for mobilising and strengthening the neck and shoulders and re-patterning their movement.
- Find places in the standard Pilates repertoire where we can apply what we've learned in the context of our teaching of clients and classes.

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.