

Online Workshop Descriptions

This update: April 2024

Cameron Angus – Psoas: Clever Guy of the Pelvis

April 2024 – details below

Cameron Angus – Head & Neck Movement Strategies

April 2024 – details below

Jenny Tyler – Pilates for Swimmers

June 2024 – details below

Madeline Black – Activating Ground Forces

June 2024 – details below

Madeline Black – Exploring the Lumbo-Pelvic-Hip

June 2024 – details below

Please see our emails for booking details

Psoas – Clever Guy of the Pelvis & The Head and Neck: Movement Strategies

**Two online workshops with
Cameron Angus**



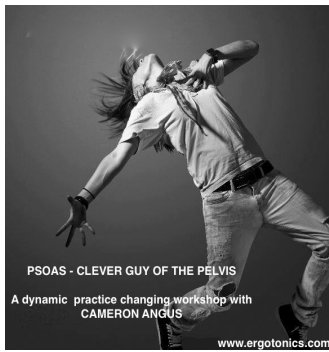
Friday 12th April: Psoas - Clever Guy of the Pelvis
10am-1pm

Saturday 13th April: The Head and Neck: Movement Strategies
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



Psoas: Clever Guy of the Pelvis

How does a muscle become so “famous”? How does a muscle integrate with so many functions? Hip stabiliser, rotator and flexor. Spinal stabiliser, Spine extensor and flexor! Contributor to pelvic floor function. Connections to breathwork. Intimate with important neural and abdominal structures. Psoas is a true synergist with so many other connecting tissue and movement pathways.

We can use psoas as a launchpad, to explore connected function, focussed from the centre, in our movement practice. Exploring Psoas is a fabulous illustration for movement teachers to be able to understand, explore, and teach a flowing, synchronised healthy movement approach.

This popular workshop has been around the world for fifteen years now and was developed in answer to the need to establish a sensible “middle road” in this subject for movement teachers. It brings an academic and practical, thought provoking and teaching development experience to you. We look at the many functions of psoas, the anatomy, and, more importantly, synchronised function. We will identify optimum patterning for the hip, pelvis, spine and the whole person. We will look at some of the “mystical” language of the psoas. The links to the emotional, somatic, and more. Importantly, we’ll look at how you can use this to enhance your movement teaching practice.

This workshop will help to unravel the myths, the science and possible ways forward with our understanding. Taking his academic clinical experience as a consultant physiotherapist, Cameron will add his extensive movement education experience and brings in influences and training from classical to contemporary.

You will get an understanding of not just Psoas but importantly, how like every other muscle, it is part of an integrated system, and that this teamwork and its governance by our neural system, is the key to integrating good function and enhancing both your teaching and your clients’ experience.

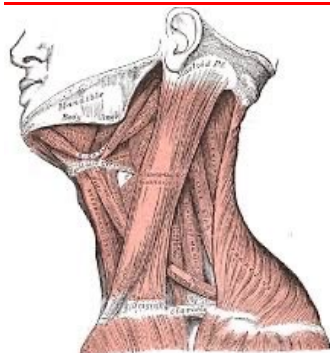
We’ll start with a relevant anatomy and function lecture before diving into lots of movement exploration and explanation using repertoire, suitable adjustments and the usual new moves that you can add to your movement library or which will help you develop your own.

Get ready to use a bunch of new exercises and techniques, plus new insights into some of the repertoire exercises. If you teach movement, this is for you.

You will get:

- A deeper understanding of functional regional musculoskeletal, multi tissue and integrated anatomy.
- Discover how many body systems integrate and you can influence them. Neural, Breathing, musculoskeletal, digestion and more.
- Normal Psoas, hip and spine kinematics, including role in gait.
- Better appreciation of neural control.
- Common presentations of so called “dysfunctions” in your client, and how you can help. This includes “clicking hips”, “overactive hip flexors”, gluteal weakness, tendinosis, low back pain.
- Integration of common Pilates exercises into movement solutions.
- What is “release”, when to release, when to activate.
- A “foot in the door” of the new “house of your possibilities” as a teacher.

The Head and Neck: Movement Strategies for the Pilates Teacher



This workshop is designed specifically for the Pilates teacher. Cameron has been in practice and research for many years, teaching movement and always learning. One thing stands out - the evidence for looking after our head and neck, like most things, still says 'move, improve awareness, learn the good advice, and ignore the nonsense'. This workshop has been running and evolving for many years. It has been updated with new evidence and using the great feedback from participants, patients and clients.

This is for **you as a teacher** to help you understand when to move someone, when to refer on for advice, and how to progress your moves and demands. The head and neck are an area often not covered in depth, but is so important. The area that carries around your computer and thoughts! Cameron wants you to feel much more confident in integrating the head and neck with your teaching and have a clear path of progression.

We will comprehensively review common neck problems and altered movement strategies that clients may present with. We will give a concise, useable, contemporary review of the latest research on neck function related to your teaching. We will then learn how to integrate this knowledge of movement solutions, into your Pilates (and more) teaching.

Let's use some of the knowledge and repertoire you know, to integrate good progressions of function. We will also add that Pilates "essence" to the moves. Let's make sure that your approach is adding something else, that others don't! We will also think about how we can be creative with our teaching, so you feel confident about altering and adapting to different individual and scenarios.

We'll cover relevant Musculoskeletal Anatomy; common pathology - Pilates or not?; common presentations of cervical dysfunction; an 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; importance of whole spine and upper quadrant kinematics; integration of common Pilates exercises to movement solutions; strategies for common postural lifestyle positions.

Programme:

1. Introduction
2. Anatomy
3. Function
4. Common problems
5. Common physical presentations
6. The deep neck flexor story
7. Practical - deep neck flexor activation
8. Practical - integration of flexor muscles and movement
9. Practical - the extension story
10. Practical - integration with the Pilates repertoire
11. Practical - progressions and regressions
12. Ergonomic hints and tips

Outcomes:

Understanding of relevant cervical spine regional anatomy.
Have knowledge of normal positioning and movement.
Have knowledge of normal muscle function.
Common Pathologies including cervical headaches.
Common dysfunctional postures and movement patterns.
Understand the deep cervical "core" – key to performance.
Understand appropriate Pilates exercises and modifications.
Learn key teaching points for cervical function and body integration.
Strategies to help with healthy movement compliance

ABOUT CAMERON

Cameron is renowned for creating great ways to get people well through movement and positive attitude. His vast clinical, movement teacher, lecturing, cognitive and holistic experience has put him in a unique position. A Clinical Specialist musculoskeletal physiotherapist with over 40 years experience, an international clinical and movement teacher. He trained as a fully certified studio teacher and has learned from the many schools and individuals in the Pilates and movement world, from classical to contemporary.

He now trains Pilates and other movement-related instructors himself at his own studio and around the world. He regularly presents and teaches at physiotherapy, medical, Pilates and movement events He taught on the first UK Sports Medicine post graduate course for doctors in the 1990s. Cameron has extensive experience in bodywork, performance (a GB Triathlete himself in the 90s) and rehabilitation. He has published research. Widely travelled as a sports and military physiotherapist he was the first British Triathlon physiotherapist. He has held Olympic and Commonwealth Games posts, He was Officer Commanding Physiotherapy at Headley Court (the leading military rehabilitation unit) and other Military Rehabilitation units in London and Edinburgh. His team established the MOD Amputee service and many award-winning clinical pathways. His operational service includes Bosnia, Iraq and Afghanistan. These experiences profoundly shaped him. Cameron now runs his own Practice and Movement studio, close to where he grew up in Stirling, Scotland. He travels with his teaching and thirst to learn from others. Cameron's experience, knowledge and a positive approach create a unique blend that aims to help other professionals and clients foster their health and education journey.

Pilates for Swimmers

An online workshop with

Jenny Tyler



Saturday 1st June 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.

Activating Coordinated Ground Forces & Exploring the Lumbo-Pelvic Hip

Two **online** mat-based workshops with
Madeline Black



We are very pleased to offer you the rare opportunity to join Madeline Black for these online workshops. Madeline will be teaching from her home in Mexico.

Friday 7th June 2024

**Activating Coordinated Ground Forces:
How the feet influence human movement**
2pm-6pm (4 hours including short break)

Friday 21st June 2024

Exploring the Lumbo-Pelvic-Hip
2pm-6pm (4 hours including short break)

£100 per workshop (Academy members £90; Academy Plus £85)

Book both workshops for £190 (Academy £171; Academy Plus £161.50)

CPD List A30 points per workshop

A Zoom recording will be made available to those booked for 14 days after each workshop.

Activating Coordinated Ground Forces: How the feet influence human movement

The feet play a dynamic role in facilitating whole body movement. In this four-hour workshop, Madeline teaches how the feet stimulate movement and increase muscle activation from feet to the torso. She will lecture on the anatomy of the feet and its continuous neuromyofascial relationships. Learn the effects of coordinating ground forces and loading to increase strength.

Objectives

- Learn the anatomical continuous structures from the feet to torso and their relationship to movement.
- Understand how ground reaction forces from the feet establish how the body adapts to exercises.
- Practise movement protocols for reorganizing how the feet meet the ground focusing on foot function and gait patterning.
- Assess the feet from rear foot to forefoot and its influence of the lumbo-pelvis-hip joint function.
- Learn specific re-organising movements to stimulate improved strength.
- Understanding the importance of loading the body for improved movement and health.
- Time for questions and answers

Hour by Hour

1. Led movement class focused on topic.
2. Lecture on anatomical continuous structures from the feet to torso and their relationship to movement specifically gait.

Assessment

3. Movement tools for re-organising the feet, hip joints, and torso.
4. Loading through resistance, Pilates-inspired movement with props. Closing Q and A.

Props ideally needed

- 3 cm diameter ball, not filled with air (this is slightly smaller than a golf ball).
- 1 half-size yoga block
- 1 short half Foam Roller to match the width of the yoga block.
- Light (yellow) stretch band (at least 50 cm)
- 1 Foam Roller
- 1 Overball/Pilates Ball (diameter 22-23 cm)
- Stool or chair
- and wall space!

Don't forget that BCPA members get a 10% discount on accessories from Sissel UK: call 0800 567 7764

Exploring the Lumbo-Pelvic-Hip

In this four-hour workshop, Madeline will lead you through anatomical study, movement analysis, and teaching skills focusing on the movement relationships of the lumbar region, pelvis, and hip joints. You will learn simple assessments to identify a strategy for a session and cueing. Madeline offers movements that re-orientate the pelvis toward balance, activate the neuromyofascia in preparation to increase loading. She will address common issues in the hip joint, SIJ and lumbar region. Pilates-inspired movements using props will be presented.

Objectives

- Learn hip, pelvic and torso anatomy, gait motions.
- Understand the relative movements of the hip joint, sacrum, pelvis, and torso.
- Learn to assess the pelvis region.
- Practise mat-based movements that re-organize.
- Strengthening through Pilates-inspired movements with props.
- Answers to question on this topic

Hour by Hour

1. Led movement class focused on topic.
2. Lecture on anatomical continuous structures of hip joint to torso and relationship to movement, specifically gait.

Assessments

3. Movement tools for re-organising hip joints, pelvis, and torso.
4. Loading through resistance, Pilates-inspired movement with props. Q and A

Props ideally needed

- 1 Overball/Pilates Ball (diameter 22-23 cm)
- 2 Foam Rollers
- 1 short half Foam Roller or a rolled up mat.
- 2 yoga blocks
- 1 strong Stetch Band (red), 90-100 cm long
- Stool or chair

Don't forget that BCPA members get a 10% discount on accessories from Sissel UK: call 0800 567 7764

ABOUT MADELINE

Madeline's life pursuit is the discovery of how the human body moves. Over 30 years in the field of movement, her curiosity explored all aspects of movement in dance, Pilates, yoga, Gyrotonic®, fitness training and from studies of human biomechanics, human cadaver dissection labs, osteopathic and manual therapies. Madeline is the author of "Centered: Organizing the body through movement theory, kinesiology and Pilates techniques" published by Handspring Publishing.

Madeline developed the Madeline Black Method™, a method teaching movement teachers to use assessment skills, movement sequences and manual techniques to help people achieve their fullest movement potential. Her extensive study and widely respected accomplishments in the field of movement and fitness have fuelled her rise as an international leader in movement and exercise education. What sets Madeline apart is her intuitive integrity, articulate awareness of the physical body and decades of expertise.

Madeline has previously presented at a Development Weekend for Body Control Pilates and you can find her videos on Body Control Pilates Central.