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**Athletic Flow for the Reformer & Jumpboard**

**Shan Alphin**

**April 2024**

**London**

**Breathing – Myths, Maybes, and Movement**

**Julie Moore, Suzanne Scott, Victoria McIntyre**

**March, April, May 2024**

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**Ageing with Asymmetry: Mat and Standing Pilates**

**Suzanne Martin**

**July 2024**

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**The Pelvis in Pilates**

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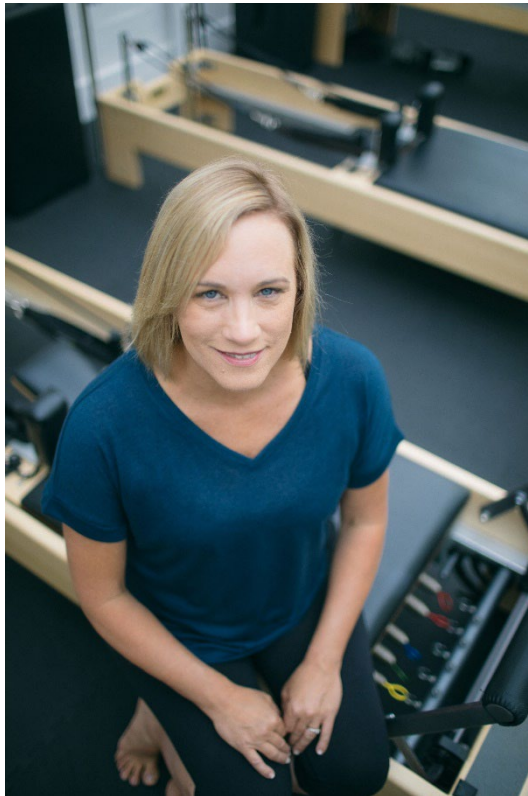
**July 2024**

**London**

# Athletic Flow for the Reformer & Jumpboard

A **face to face** workshop with

## Shan Alphin



## Body Control Pilates Centre London

**Friday April 19<sup>th</sup> 2024** **fully booked**

10am-4pm (includes breaks)

**£165 (Academy £148.50, Academy Plus £140.25)**

CPD: A30

ONLY OPEN TO BCPA MEMBERS

This face to face workshop focuses on the theories of plyometrics and circuit training from a sport science perspective. A mix of theory and practical, the exercises covered incorporate the Jumpboard and other Reformer exercises that can be incorporated with the Jumpboard on the Reformer - hence the Flow!

In this workshop we will cover:

- **Jumpboard History:** Explore the origins and significance of the Jumpboard in Pilates. Discover its purpose and how it can elevate the intensity and cardiovascular benefits of your sessions.
- **Applying Plyometric Principles to the Reformer:** Learn how to incorporate plyometrics principles into your Reformer exercises. Understand how to optimise muscle recruitment, resistance, and load to challenge your clients and enhance their athletic performance.
- **Muscle Recruitment for Specific Resistance and Load:** Gain insights into effective muscle recruitment techniques when utilising the Jumpboard. Understand how to engage specific muscles to maximise the benefits of resistance and load for a more intense and dynamic workout.
- **Exercise Progressions and Regressions:** Explore a range of exercise progressions and regressions using the Jumpboard and Reformer. Learn how to tailor the intensity and difficulty level to accommodate different fitness levels and abilities. Exercises will progress from a beginner level to advanced.
- **Applying Circuit Training Principles:** Understand the components and benefits of circuit training and how to apply them to Jumpboard classes or sections of classes or sessions.
- **Creative Exercise Sequencing for Maximum Class Flow:** Discover innovative and dynamic exercise sequences that optimise the flow and energy of your Reformer and Jumpboard classes. Learn how to create engaging and challenging workouts that keep your clients motivated and inspired.

#### **ABOUT SHAN**

Shan Alphin, MBA, MSc, NCPT has taught movement for over 25 years. She holds a Master's Degree in Exercise Physiology/Kinesiology from the University of Georgia, USA, where she specialized in Cardiac Rehabilitation, starting her career at the Queen's Medical Center in Honolulu, Hawaii. After training with the Mind Body Institute at Harvard Medical School, she started to integrate her knowledge of cardiac and pulmonary rehabilitation with Hatha Yoga, mindfulness, and exercise rehabilitation. She incorporated these skills into the medical fitness programs at the Duke Medical Center, where she was the Director of the Duke Health and Fitness Center.

Drawn to studio-based Pilates in the Copenhagen, she fell in love with Pilates. After moving to the UK, she completed her Mat and Studio-Equipment training with Body Control Pilates, went on to complete her Classical Pilates Certification, and Pilates Method Alliance Certification. In 2014, she started presenting Pilates Teacher Workshops in Brazil, UK, and USA. In 2015, she opened her own studio Pure Pilates New Forest and became a mat and reformer supervising teacher for Body Control Pilates.

After living abroad for 17 years she returned with her family to the USA. Currently operating Pure Pilates with Shan, she is working as a boutique fitness and studio consultant and CPD Provider for the National Pilates Certification Program (NPCP) in the USA, presenting teacher workshops online, in-person, and on-demand. She loves combining the principles of kinesiology and biomechanics into the Pilates Method and sharing it with others.

# Breathing - Myths, Maybes, and Movement

A **face to face** workshop with

**Julie Moore, Suzanne Scott, Victoria McIntyre**



## Body Control Pilates Centre London

**Saturday March 9<sup>th</sup> 2024** **fully booked**

**Sunday April 28<sup>th</sup> 2024** **fully booked**

**Sunday May 12<sup>th</sup> 2024** **new date!**

10am-4pm (includes breaks)

**£180 (Academy £162, Academy Plus £153)**

CPD: A30

ONLY OPEN TO CURRENT BCPA MEMBERS

This workshop presents a rare opportunity to work with three recognised leaders in their field!

This one-day workshop explores themes introduced in the workshop sessions that received very positive feedback at the Development Weekend in September last year. This is the first time that Julie, Suzanne, and Victoria have presented together as a faculty. They have worked closely over the last 18 months to draw relevant theory and practice together and to 'make sense' of it for Pilates teachers.

They will explore the theme of breathing: the anatomy and physiology that support it, the patterns we consciously and unconsciously practise, and how or even whether we should try to change them.

Victoria brings her knowledge and experience of working with team sports and female athletes at elite level; Suzanne will contribute from an anatomy and physiology perspective; and expert respiratory physiotherapist Julie Moore, who inspired the course, will lead the day. She will provide insights from her clinical practice, where she treats athletes, general population and Long Covid patients.

The focus will be practical and applied, with opportunities to assess breathing (your own and others). We aim to give you the confidence to look critically at the myths that have sprung up around breathing and how they relate to movement and the practice of a Pilates teacher.

#### **ABOUT JULIE**

Julie Moore MSc, BSc (Hons) is a Clinical Respiratory Physiotherapist for the Institute of Sport, Exercise and Health with a special interest in the recognition and management of breathing pattern disorders in elite athletes. Julie works with athletes to address respiratory issues that are restricting performance and to utilise breathing strategies to optimise performance. Her experience as a masters national age group runner and triathlete enables her to fully appreciate the demands of high performance. Julie has been a chartered physiotherapist for 30 years, but specialised in respiratory physiotherapy in 2000 giving her over 20 years of experience and a wide respiratory knowledge base that she applies on a daily basis. Julie also currently works as a consultant physiotherapist, being the clinical lead on a long COVID programme designed to accelerate recovery post viral illness at Guys & St Thomas' Hospital in London.

#### **ABOUT SUZANNE**

An early fascination in watching how people move has led - via studying dance and choreography, Pilates and athlete conditioning - to Suzanne's present career in coaching, teaching and researching human (and sometimes animal!) movement. Currently, she divides her time between roles in high-performance sport, with a focus on football, and a part-time lectureship in the School of Anatomy at the University of Bristol. She is interested in looking at and measuring the ways movement affects our structure and body systems, and also the impact on our health of moving differently. This is fundamental to her work in athlete rehabilitation and conditioning.

#### **ABOUT VICTORIA**

Victoria has spent most of her career to date working in professional football as a physiotherapist, where performance and injury reduction is every bit as vital as rehabilitation. To support her understanding of movement, she began her Pilates training and this sparked a particular interest in the role of breath and the core in health, physical performance and wellbeing. Today, she splits her time between working as a consultant physiotherapist in high performance sport, and working for female wellness advocates The Well HQ, where she is project lead for their work in women's football.

# Ageing with Asymmetry (Matwork) & The Pelvis and Pilates (Studio Equipment)

Two **face to face** workshops with

**Dr. Suzanne Martin**



**Body Control Pilates Centre London**

**Wednesday July 21<sup>st</sup> 2024: Ageing with Asymmetry**

£175 (Academy £157.50, Academy Plus £148.75)

10am-4.30pm (includes break)

**Thursday July 22<sup>nd</sup> 2024: The Pelvis and Pilates**

£175 (Academy £157.50, Academy Plus £148.75)

10am-4pm (includes lunch break)

**Book both for £320 (Academy £288, Academy Plus £272)**

CPD: A30 per workshop  
ONLY OPEN TO BCPA MEMBERS

### **Ageing with Asymmetry: Mat and Standing Pilates**

Did you know that according to Columbia University 1 in every 3 adults between the ages of 40 and 90 have some form of scoliosis? In fact, both the UN and WHO predict a doubling global rise in adults older than 60 years from 11% in 2019 to 22% by 2050.

There are two basic types, those who had untreated idiopathic scoliosis in youth, and those with degenerative scoliosis due to the changes of the spine, pelvis, and legs with ageing. Some people have symptoms such as headaches, pelvic, back or leg pain, fatigue, difficulty walking, and general distress, while others have no symptoms at all. Pilates teachers need to address them all because Pilates helps with both cases!

Life events such as pregnancy, and accidents along with skeletal and fascial changes through the decades contribute to its progression.

Learn about the postural and gait shifts that occur with pregnancy, the repercussions of pelvic injuries and surgeries on the asymmetric spine, together with three main spinal conditions known to encourage disability and pain with age.

Mat and standing Pilates exercises help to recognise and adapt to the shifting nature of asymmetry in each phase of adulthood.

Learn not only about how to identify and help avoid spinal asymmetry progression. Mat, standing and gait principles of form and fascial force closure for structural integrity is addressed in six hours of information and active exploration, equipping teachers with best practice for this important population of clients.

### **The Pelvis and Pilates: Hip replacement and Pelvic Injuries- A fascia-informed equipment workshop**

Did you consider that hip replacement is also a pelvic injury along with birth injuries, C-section, hysterectomy and prolapse? Many of our clients are women who are impacted in their Pilates pursuits due to these life-changing events and conditions.

Become equipped with the nuances of what each abdominal-pelvic condition presents to Pilates teachers, ensuring clients a rewarding, not excluding, Pilates experience. Oedema, nerve disruption, muscle imbalance and adhesions sideline and discourage even our most active clients. Learn about Scarpa's and Colles' fascia along with the major pelvic fascial connections influencing the abdomen, groin, and thigh. Experience lymphatic, somatic, and corrective work to allow restoration, healing, and entry into a full Pilates environment.

This 6-hour workshop packs in multiple conditions that respond well in the Pilates environment. Come away with Reformer, Cadillac, Split Pedal Chair, Arc and MOTR exercises, principles, and ideas for your clients!

#### **ABOUT SUZANNE**

Dr. Suzanne Martin is recognised as an international expert in the field of human movement and potential. A doctor of physical therapy and a gold-certified Pilates expert, she is an international presenter, speaker, coach and mentor, as well as an award-winning author and DVD producer.

Suzanne's aesthetic for movement started in the visual arts and dance. With over 30 years of teaching experience, she blends art and science into her writing and instruction from the fine arts, health and movement fields. Her mission is to add value to people's lives both directly to the people she treats and to those who help with healing and performance enhancement. Her passion is to help those with chronic conditions that require lifelong learning and management such as professional and recreational performance, foot issues, spinal asymmetries, and cancer survivorship.

As a performing arts specialist, Suzanne Martin has been a Wellness Consultant for Smuin Ballet for over 19 years. As Founder of Pilates Therapeutics LLC, an educational organization for movement instructors and therapists, her mission is to develop leaders by in-depth training and mentorship. Annual Specialisation Mentoring Programs, host site teaching, and instructional videos featuring the therapeutic application of the Pilates Method and nutrition, are available worldwide. For further information, go to [www.pilatetherapeutics.com](http://www.pilatetherapeutics.com). Suzanne published her first book on Spinal Asymmetry & Scoliosis in 2018.

