



WORKSHOPS

Programme du 11 et 12 juillet 2020

Brooke Siler au Centre 5

“BREAKDOWN, BREAKTHROUGH: THE PILATES SYSTEM”

This workshop originated as “the client clinic” with teachers bringing their “problem clients” to Brooke to see if she could help them through specific exercises or challenges in their work; however in this workshop you, the teacher, will become the client. By bringing a singular issue or exercise challenge to the fore, Brooke will have the experimental opportunity to see if she can set you back on the road to success utilizing all pieces of pilates apparatus available in the studio to show how the system works as a whole to get you where you want to go.

“THE UPPER HAND: INTERMEDIATE REFORMER”

This workshop will show you how to deepen your intermediate clients’ pilates work through specific hand positioning and body alignment in the intermediate reformer exercises. Participants will be able to experience the system from the perspective of both teacher and student by partnering to experience the effects of tactile cueing on the experience of the exercises. By learning efficient use of hand placement in pilates sessions you can maximize your clients’ benefits within the Pilates system. Hands on workshop! Be prepared to touch and be touched.

“THE UPPER HAND: BEGINNER INTO INTERMEDIATE MATWORK”

Come join in the 15-30+ exercises of the beginner and basic intermediate series of the classical mat. Learn how to deepen the work through specific hands-on help. Participants will be able to experience the system from the perspective of both teacher and student by partnering to experience the tactile cueing. Come prepared work hard, sweat, touch and be touched.

“SENSE OF DIRECTION: WUNDA CHAIR”

In this wunda chair workshop we work on using the directions of movement of the body to inform our wunda chair choices. By identifying postural lines of tension in the body you can determine which of these powerhouse-heavy exercises are best given in a session, and to whom. This workshop involves honing our eyes to see subtle shifts and misalignments that may be root causes of chronic pain, and working systematically to rebalance the body with intelligent movement choices. This workshop offers a different perspective on your understanding of the chair exercises by drawing parallels within the system that can help you decide how to weave them into your client sessions without missing a beat.

A PROPOS DE BROOKE

Formée par Romana Kryzanowska, Brooke Siler a reçu sa certification nationale Authentic Pilates en 1996. Elle a ensuite créé et ouvert re: AB, qui est devenu l’un des studios les plus prospères de New York.

En janvier 2000, le premier livre de Brooke, The Pilates Body, est devenu un best-seller et le livre de Pilates le plus vendu de tous les temps. Passionnée, déterminée et authentique dans son travail, elle reste à l’avant-garde de la communauté Pilates depuis plus de 20 ans.