



## Alan Herdman – Workshops

Join us for this sensational weekend with one of the Pilates industry's foremost pioneers.

### LONDON:

Saturday & Sunday, 27 & 28 June 2009; 10am – 5pm daily

Price: £250.00 for Sat & Sun, £125 single day

Venue: The Light Centre, 9 Eccleston Street, Belgravia, London SW1W 9LX Capacity: 20 Participants

### LEEDS:

Saturday & Sunday, 5 & 6 December 2009; 9am – 4pm (Saturday) & 10am – 5pm (Sunday)

Price: £250.00 for Sat & Sun, £125 single day

Venue: Esporta Leeds, The Light, The Headrow, Leeds LS1 8TL Capacity: 30 Participants



Alan Herdman studied at the London School of Contemporary Dance and was working as a teacher and dancer when, in the late 1960s, he was invited to New York to learn about the Joseph Pilates Method. There he worked intensively with Carola Trier and Bob Fitzgerald, two instructors who had been trained by Pilates himself. Although well-regarded amongst New York's dance fraternity, Pilates was unknown in the UK at that time and Alan returned in 1970 to set up Britain's first-ever Pilates studio. Among his first clients were actors, dancers and singers, but word soon spread as doctors and physiotherapists began recommending Pilates to patients struggling with chronic injuries.

Alan now lectures on Pilates around the world, and he has written several successful books, including *The Pilates Directory* (2004), *The Gaia Busy Person's Guide to Pilates* (2003) and *Pilates: Creating the Body You Want* (1999). He runs a training course for Pilates instructors and, as well as running his own studios, he and his assistants teach in dance schools and designated Pilates studios internationally. Pilates teaching staff at both Champneys Health Resorts and Shrubland Hall Health Clinic are personally trained by Alan Herdman.

See next page for workshop descriptions.

To book, go to [www.pilatesumbrella.co.uk](http://www.pilatesumbrella.co.uk) and download a booking form.

# A Weekend with Alan Herdman

## Saturday:

### Pilates Principles in Action, 10am – 1pm

This workshop will explore the eight Pilates principles – concentration, control, centering, precision, balanced muscle development, rhythm and whole body movement.

In this workshop participants will:

- Discuss the meaning of each principle and examine how they are involved during an exercise sequence
- Learn to deduce the best way to introduce the principles to the client without overwhelming them
- Take two exercises from the mat work and demonstrate how by slowly introducing the principles in an organized the thoughtful way, the integrity of the exercise can be enhanced

### Postural Assessment, 2pm – 5pm

From the moment a client walks into the studio, we can begin to observe aspects of that client's gait, stance, posture and frame of mind. All of these factors should help to inform the Pilates teacher's approach to working with a given person. With a focus on observational skills, this workshop will explore how to conduct an effective postural assessment and how to guide clients toward correct muscle recruitment for Pilates exercises.

In this workshop participants will:

- Analyze the posture of the client in preparation for constructing a Pilates programme
- Discuss how best to prepare a client for traditional mat work
- Explore what exercises are contra-indicated for certain body types
- Learn to prepare simple home programmes to assist the client to progress in the class environment

## Sunday:

### Exploring Spine Pathologies, 10am – 1pm

Taking into consideration that the majority of Pilates teachers are not medically trained, it is essential that Pilates teachers have an understanding of various types of spinal conditions encountered in the studio, and know

how to work with them. Spinal stenosis, ankylosing spondylitis (AS) and scoliosis are all conditions that Pilates teachers encounter. The workshop will examine these three conditions and take the most time to investigate in detail how to address scoliosis. The workshop will address the undeveloped and overdeveloped musculatures on either side of the spine, and starting with the pelvis, examine how to stabilize and strengthen the posture as much as possible.

In this workshop participants will:

- Understand the distinctions between stenosis, ankylosing spondylitis and scoliosis
- Learn how to recognize structural and non-structural scoliosis
- Recognise symptoms your client may have that could indicate scoliosis
- Understand a series of guidelines for an exercise program to stabilize and strengthen a client suffering from scoliosis

### Osteoporosis and Pilates, 2pm – 5pm

The population as a whole is aging in western countries. This is largely a result of the 'baby boomer' cohort growing collectively older. But people in general are healthier and living longer. As Pilates teachers we will find as time goes on access to a greater number of mature clients, and we must be aware of and help deal with, conditions that affect them. Clients suffering from osteoporosis can take great benefit from correctly and carefully taught Pilates in strengthening and injury prevention.

In this workshop participants will:

- Learn how the eight Pilates principles must be an essential part of the Pilates programme
- Explore contra-indicated exercises and whether to reject them or adjust them to suit the client
- Learn how to build strength and muscle balance for the client with osteoporosis
- Understand how to assist the client in avoiding falls (the most common cause of bone breakage), and if they fall, how to reduce the chance of breaking a bone
- Although flexion exercises are contraindicated for clients with osteoporosis, flexion is a normal part of human movement and must be performed to some degree in daily life. Learn how to build an exercise programme to help osteoporotic clients flex safely

To book, go to [www.pilatesumbrella.co.uk](http://www.pilatesumbrella.co.uk) and download a booking form.

*NOTE: Your place is only confirmed when we receive your payment; we cannot hold unpaid places.*