



A Weekend on the Reformer with Alan Herdman

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

LEEDS:

Saturday 21 May 2011; 10am – 5pm

Sunday 22 May 2011; 10am – 5pm

Price per day: £125.00

Venue: Leeds Pilates Place, Chantry House, Victoria Road, Kirkstall, Leeds LS5 3JB

Capacity: 20 participants. 5 reformers will be available, 4 people to each reformer.

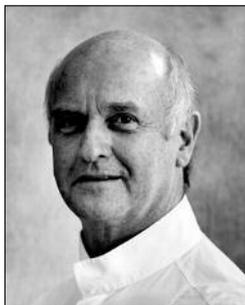


photo: Derry Moore

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 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/workshops and pay with PayPal.

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Saturday 4 December 2010 **10am – 5pm:**

The day will begin with a mat class that will provide the participants with a warm up. Muscle recruitment achieved on the mat will later be mirrored on the reformer.

The day will comprise an introduction to the reformer. Alan will demonstrate the set up of the machine and examine the parts: carriage, head rest, shoulder blocks, foot bar, springs, ropes, risers, and gear differences, and how all of these can be adjusted to suit individual proportions, strength and size. He will review the use of the jump board and standing platform. He will point out the most important aspects of health and safety for the client and teacher, as well as basic maintenance of the apparatus.

Alan will proceed with an introduction to reformer footwork exercises in all positions, leading onto basic reformer exercises in supine, sitting, kneeling and standing positions progressing through to box work. The workshop will progress through the basic repertoire creating an understanding of the need to recruit the correct muscle groups while performing the exercises.

The day will also cover the development of teaching skills to help the client understand the work, complete with verbal and tactile cues. Alan will review postural positions of the teacher while teaching to ensure safety for both teacher and client.

Sunday 5 December 2010 **10am – 5pm:**

The day will begin with a mat class that will provide the participants with a warm up. Muscle recruitment achieved on the mat will later be mirrored on the reformer.

The day will introduce more advanced exercises, progressing from the basics introduced on Saturday to include all the positions – supine, prone, kneeling, sitting, side lying and standing, using the long and short box and the standing platform. Alan will expand on the footwork, introduce 'feet in straps', introduce more spine work, and more complicated standing and box work.

Note: Time will be given for practice and discussion. Programming will be an important part of both days.

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