



## Deborah Lessen A Tribute to Carola

An in depth exploration of the methods of first generation Pilates teacher Carola Strauss Trier, and her contribution to the development of the Pilates Method.

### LONDON:

Saturday & Sunday, 16 & 17 March 2013; 10am – 5pm daily

Price: £250.00 for Sat & Sun, £125.00 single day

Venue: Alan Herdman Pilates, The Victory Services Club, 63-70 Seymour Street, London W2 2HF

PMA CECs = 6 per day



Deborah Lessen is an acknowledged leader in the Pilates field. A former professional dancer and teacher, she was trained to teach the Pilates method by Joseph Pilates' first protégé, Carola Trier.

Ms. Lessen founded the Greene Street Studio in 1983. Her studio nurtures a broad base of clients in the Pilates method for general conditioning, performance specific training, injury prevention and post-rehabilitation. She offered on-site comprehensive teacher training from 1994 to 2004.

As co-defendant in the federal trademark infringement action for use of the name "Pilates", she rallied the community to oppose the action. The Pilates name was made generic in a sweeping victory in November 1999. The victory party in New York City was the launch of the Pilates Method Alliance.

Ms. Lessen is a founding member and Immediate-Past President of the Pilates Method Alliance, serving on the Board of Directors from its inception until 2009. She was instrumental in the creation and implementation of the PMA Pilates Certification Exam, the only 3rd party accredited credential for Pilates professionals, facilitating a broad spectrum of tenured Pilates teachers to work together toward a common goal. She is editor and a contributor to the *PMA Pilates Certification Exam Study Guide* and Chairperson of the PMA's Certification Commission.

Deborah maintains a daily teaching practice at the Greene Street Studio and is an international presenter, conducting a roster of continuing education workshops and seminars for Pilates teachers.

*Deborah Lessen Pilates* was launched in 2012, providing equipment and studio accessories based on that created for Carola by Mr. Pilates. Please visit [deborahlessenpilates.com](http://deborahlessenpilates.com) for more information.

See next page for workshop descriptions.

To book, go to [www.pilatesumbrella.co.uk/workshops.html](http://www.pilatesumbrella.co.uk/workshops.html). Register and pay with PayPal!

## Deborah Lessen A TRIBUTE TO CAROLA

**Day 1:** Saturday 16 March 2013, 10am – 5pm

**Capacity:** 30 participants  
Workshop outline included  
PMA CECs = 6

**Carola Strauss Trier** (1913–2000) was Joseph Pilates's first protégé. Born in Germany in 1913, she attended Kurt Joos' Folkwang School for dance. Her family decided to leave Germany during the rise of the Third Reich. Carola stayed behind, supporting herself as a dancer, acrobat, and most notably a roller-skating contortionist when she was captured and sent to a Nazi-run detention camp in France. She escaped and immigrated to New York in 1942.

A devastating injury brought Carola to Joseph Pilates for rehabilitation. She studied with Joe for ten years and furthered her anatomical knowledge at New York City's Lenox Hill Hospital, where she aided Dr. Henry Jordan with patient rehabilitation. In the late 1950s she opened her own studio. Trier combined her medical and Pilates experiences to develop various rehabilitative protocols in addition to exercises and stretching techniques for dancers.

Deborah Lessen, a student and protégé of Carola, will introduce students to the theoretical and practical developments made to the Pilates method by Carola Trier. The workshop will include a biographical portrait and will trace the professional development of her distinctive teaching philosophy and practice. Carola had a profound influence on the direction and development of Pilates, and her professionalism will deepen every teacher's approach. Every Pilates teacher should learn about the contribution of first generation teacher Carola Strauss Trier.

Through movement, partnering sessions, and lecture, the workshop will focus on:

- Introducing the new client to Pilates
- Postural assessment
- Setting goals for optimal verticality
- Weight-bearing on the feet
- Foot and leg alignment
- Introduction to Pilates breathing
- Whole body exercise, rhythm and breath
- Progressing the client
- All studio equipment will be utilised

## Deborah Lessen CAROLA'S REFORMER PROGRESSION

**Day 2:** Saturday 17 March 2013, 10am – 5pm

**Capacity:** 24 participants, 4 participants per reformer  
Workshop outline included  
PMA CECs = 6

The goal of this full-day reformer workshop is to experience the reformer repertoire in the sequence and manner Carola Trier learned from Joseph Pilates. It is designed to redefine the exercises with respect to rhythm, breath and range of motion.

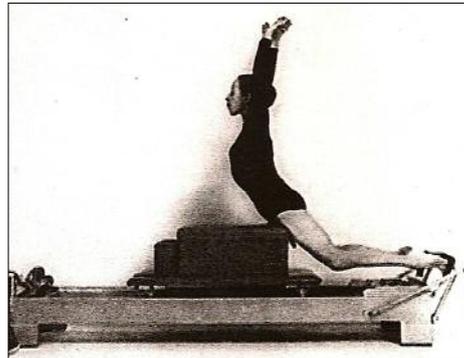
Each participant will perform the exercises in continuous sequences at the original pace. There will be 4 participants per reformer.

The general progression moves from supine to seated exercises to kneeling to standing.

Appropriate equipment set-up will be included:

- Spring settings
- Gears
- Footbar
- Strap wheels
- Box size

A workshop outline will be provided to each participant, to include a comprehensive list of exercises.



*“Maintaining a strong connection to our roots is critical in defining our profession and maintaining our professional identity.”* – Deborah Lessen

**Don't miss this chance to work with Deborah Lessen on her first UK visit since 2006.**

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