



Julian Littleford – Workshops

Join us for this sensational weekend with one of the Pilates industry's leading innovators.

LONDON:

Saturday & Sunday, 28 & 29 March 2009; 10am – 5pm daily

£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, 4 & 5 April 2009; 9am – 4pm (Saturday) & 10am – 5pm (Sunday)

£250.00 for Sat & Sun, £125.00 single day

Venue: Esporta Leeds, The Light, The Headrow, Leeds LS1 8TL Capacity: 25 Participants

Pilates Umbrella is proud to present workshops and masterclasses given by master teacher Julian Littleford. A UK native now based in the US, Julian will be giving workshops in London and Leeds in the spring of 2009. Julian is one of the most popular presenters at the annual educational conference of the Pilates Method Alliance®, so much so that the PMA has had to establish special procedures to prevent delegates from crashing his workshops! Julian is not to be missed!

British born Julian Littleford moved to San Diego in 1990 after spending 8 years in New York City as a principal dancer with the Martha Graham Dance Company where he worked with Mikhail Baryshnikov and the late Rudolf Nureyev. He is featured in "Who's Who in America" and has performed with Martha Clarke's "Garden of Earthly Delights" and the Toronto Dance Theater in Canada. Julian originally studied the Pilates method with Alan Herdman in London, England and was one of Mr. Herdman's original teachers in the late 1970's. In New York City he studied with and worked for Deborah Lessen at Greene Street Studio. He is a founding member of the Physical Mind Institute, a PMA Gold Certified Pilates Teacher™ and a Corporate Sponsor of the Pilates Method Alliance®. He has operated his own studio in California since 1990. He directs

the Pilates teacher training at Pilates de Mexico in Mexico City. He is a regular presenter for Balanced Body's "Pilates on Tour", the Pilates Method Alliance and dance teacher conferences. He was the athletic trainer for Cirque du Soleil's "Dralion" touring production in Southern California, and the director of Pilates for the San Diego "Padres" baseball team. In 2006 he released his first DVD, "Pilates for Dancers" and continues to guest teach and teacher train throughout the US, Mexico, Europe and Australia.



See next page for workshop descriptions.

To book, go to www.pilatesumbrella.co.uk and download a booking form.

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Day 1, Part 1:

Classic Mat Variations and Progressions

This workshop will explore and analyze the classical Pilates mat exercises from beginner through advanced levels.

Emphasis will be placed on teaching safely and correctly, while facilitating the greatest benefits for the client. The analysis, variations and progressions of each exercise will be covered.

- **Prepare:** Learn the classical repertoire and progressions with emphasis on body alignment
- **Adapt:** Learn modifications of the exercises along with the verbal cues to assist in teaching
- **Class Management:** Discover practical ways to deliver a flowing, balanced accessible group class

Day 1, Part 2:

Customise for your Client Group

Pilates instructors often teach in a wide variety of environments, and are faced with groups of students of varying levels of experience and ability. This can be a challenge to even the veteran Pilates teacher. Golfers, new mums, tennis players, weekend warriors, mountain bikers, hill walkers, non exercisers, super fit and office workers are just some of the populations that come to Pilates in search of something to improve their function. It is the Pilates teachers' job to understand their needs and how and what exercises or modifications are most relevant to them. This workshop will address how the client can apply the Pilates method and specific Pilates exercises in their everyday lives and activities. We'll examine how the exercises can be modified and taught within a mixed ability class environment, whilst still maintaining the essence of the exercise and the flow of the class.

- **Awareness:** Develop 'mindfulness' of everyday movements, learn to maximize their benefits
- **Practice:** Perform repetitions of movements with attention to detail
- **Variations:** Explore variations of movement themes

Day 2, Part 1:

Essential Props – the Towel, Magic Circle & Ball

This workshop will show how the towel, Magic Circle & ball can be effectively used for support, enhancement and activation. These three small, portable and inexpensive props can enable the client to correct challenges within the body, locate and activate hard to find muscles or support weak areas for a more complete and accessible workout. We'll examine how to add these props to Pilates exercises to deepen sensation within the body and provide assistance or resistance.

- **Prepare:** Learn proper use and benefits of the props
- **Practice:** Experience exercises using each prop
- **Challenge:** Use props to deepen muscular work

Day 2, Part 2:

Scoliosis – Demystifying the Condition and applying the Mat

There are many medical conditions Pilates teachers come across that can be helped through the practice of Pilates exercise. Scoliosis (an S or C shaped curvature of the spine) is one of the more common conditions we encounter in clients. The condition does not need to be feared, but does need to be understood before teaching Pilates exercise to the scoliotic client.

This session will give the participant an understanding of this condition and the degrees of its severity, the best exercises to apply, and contraindications. Participants will learn how to employ specific tactile cues and 'hands on' support, as this can be one of the most effective tools in helping people with this condition.

- **Define:** Understand scoliosis and its effects on the body
- **Practice:** Learn exercises that may help relieve pain and correct misalignment due to scoliosis
- **Management:** Apply "at home" programs for maintaining positive changes

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