



Fletcher Towelwork® Course with Kyria Sabin

Join us for 2-day course on Fletcher Towelwork®. For those that wish to be licensed to teach Fletcher Towelwork until 31/12/12, a true/false test and performance evaluation is scheduled after the course. Successful completion will allow the participant to be licensed.

LONDON:

Saturday & Sunday, 2 & 3 April 2011

Time: Saturday 10am – 5pm; Sunday 10am – 4pm;

Sunday Test 4pm – 5pm (optional)

Price: £300.00

New Venue: Laban, Creekside, London SE8 3DZ Capacity: 40

NOTE: A course manual and braided towel is provided for each participant to keep.

For more information, please contact: info@fletcherpilates.com

What is Fletcher Towelwork®?

Fletcher Towelwork®, developed by Pilates Master Ron Fletcher over the past four decades, is a signature feature of the Fletcher Pilates™ Program. Created to stabilize and balance the shoulder girdle in standing posture and during upper hemisphere movement, Fletcher Towelwork ranges from simple – yet effective – movements designed to balance, stabilize and mobilize the spine and shoulder girdle to full-body movement patterns. Fletcher Towelwork® (using a simple braided towel) is taught and practiced worldwide in Pilates studios, movement and physical therapy practices and by athletic and personal trainers.

Basic Towelwork can be taught to beginners as an easy and effective home exercise program. Towelwork is versatile and can be adapted from classical standing Towelwork into seated and supine positions. The Fletcher Work® has developed and incorporated a wide spectrum of Towelwork extending from simple range of motion exercises into beautiful complex movement patterns that challenge the advanced student of movement.



Kyria Sabin Director, Fletcher Pilates®, International; Director, Body Works Pilates Studios

Recognized as a Master Pilates Teacher and Disseminator, Kyria Sabin initiated her studies with Ron Fletcher in 1991 and founded Body Works Pilates Studios in Tucson, Arizona in 1993. In 1999 she initiated the first state-licensed Pilates teacher-training program in Arizona, the precursor to the Fletcher Pilates Program of Study. She is founder and Director of Fletcher Pilates®, Inc and The Fletcher Program of Study, an international Pilates school offering one of the most rigorous Pilates educational programs in existence. A graduate of Duke University, a PMA® Certified Pilates Teacher and a Licensed Massage Therapist, Kyria developed the Pilates Program at the University of Arizona School of Dance where she serves as Adjunct Faculty. She is an international presenter and has served on

the boards for the Pilates Method Alliance, the UA Dance Advisory Board, the Haven Center for Women and the Foundation for Expanding Horizons.



See next page for workshop descriptions.

To book, go to www.pilatesumbrella.co.uk/workshops and pay with PayPal.

Pilates Umbrella 145-157 St. John Street London EC1V 4PY

tel 0870 246 1800 fax 020 7788 3429 e info@pilatesumbrella.co.uk www.pilatesumbrella.co.uk



What are the benefits of taking this course?

The Fletcher Towelwork® can help the participant:

- 1) Enhance depression and retraction of the shoulder girdle
- 2) Increase expansion of the anterior chest and shoulder muscles
- 3) Correct forward head posture
- 4) Increase range of motion in the thoracic and cervical spine
- 5) Prepare the shoulder girdle for weight bearing work

Who should take this Course?

This Course is designed primarily for Pilates and other movement teachers, but also provides an excellent continuing education opportunity for physical and massage therapist as well as personal and athletic trainers.

May I take the Fletcher Towelwork® Course if I do not work or teach in a related profession?

YES! We welcome intermediate/advanced students of a variety of movement disciplines to take this course for personal information and practice. Should you have questions or concerns as to whether this course is appropriate for you, please contact the Fletcher Pilates® on +001 (888) 732-8884 (Tucson, Arizona, USA).

How does the licensing process work?

The process includes a written test as well as a Performance Evaluation of basic Fletcher Towelwork®

skills. The skills involved in this examination process will be taught and reviewed throughout the Course.

In order to be licensed to teach the Fletcher Towelwork®, you must meet Fletcher Pilates® eligibility requirements. Qualifying individuals include:

- Pilates, Dance, Yoga, Gyrotonic, Feldenkrais, Alexander or other comprehensively trained movement therapy professional
- Physical Therapist
- Personal Trainer
- Athletic Trainer

All qualifying individuals must bring documentation of current professional license or certificate in order to participate in the licensing evaluation after the course.

To find out whether you are eligible to be licensed to teach this work, please contact +001 (888) 732-8884

How much is the Fletcher Towelwork® Annual licensing fee?

The annual licensing fee is US\$50 (approximately UK£32).

How long will my Fletcher Towelwork® license be valid for?

Your initial license will be valid through December 31 of 2012, at which point you will be eligible to renew your license. Licenses may be renewed on a yearly basis.

How do I maintain my Fletcher Towelwork® license?

It's easy! To maintain your annual Fletcher Towelwork® license, you are required to take a private session or group class focused on the Towelwork with a Qualified Fletcher Teacher. There are such teachers based in the UK who can offer these private or group sessions. Participants in this course will be put in touch with these teachers after the course. This session should be documented, signed by your teacher, and submitted to the Fletcher Pilates® at the time of renewal. It is strongly suggested that you take the advanced Fletcher Towelwork® Course to further your education and understanding of this work. You must also renew your license by paying the annual licensing fee of US\$50 (approximately UK£32).

Are there any further preparations I need to make for this course?

Please read the Fletcher Class Protocol sheet that will be included in your confirmation email.

To book, go to www.pilatesumbrella.co.uk/workshops and pay with PayPal.

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