



## Trent McEntire

# PRIME™ Post Rehabilitation Course

(PRIME = Post Rehabilitation and Injury Modification for Efficiency™)

### LONDON:

Saturday & Sunday, 12 & 13 June 2010; 10am – 5pm daily

**Early booking price:** £250.00 for Sat & Sun, £125.00 single day through 3 May 2010

Late booking price: £275.00 for Sat & Sun, £137.50 single day starting 4 May 2010

NEW Venue: Moss Pilates, 10 London Fruit Exchange, 56 Brushfield Street London E1 6HB

*This course involves mat work and resistance bands, as well as Pilates equipment. Capacity: 20 participants*



Trent McEntire is an international Pilates educator with over 12 years of teaching and lecturing in universities, Pilates studios, physical therapy clinics, spas and athletic clubs. McEntire Pilates is a method developed out of discoveries that Trent made while rehabilitating his own severe movement limitations due to Cerebral Palsy. In an effort to overcome extreme and painful restrictions in his joints, he embarked on a personal exploration through the use of resistance bands. The resulting innovative use of resistance bands to cope with a range of movement dysfunctions is central to his PRIME Post Rehabilitation Course. He has spent over 25,000 hours with clients developing an approach to Pilates designed to help people overcome their specific movement limitations. He has created a professional instructor training curriculum that offers a step-by-step approach to learning how to teach McEntire Pilates. Trent also presents workshops throughout the US for the industry's leading associations and conferences. This is his first visit to the UK.

Trent currently serves as the President of the Board of Directors for the Pilates Method Alliance®, [www.pilatesmethodalliance.org](http://www.pilatesmethodalliance.org), the industry's only non-profit professional association and third party credentialing body. He was honored to be the first Master Teacher in the U.S. for ActivCore (originating in Norway 1991). He holds a Bachelors of Fine Arts in Dance from Western Michigan University, where he was named the Presidential Scholar in Dance and earned the Irving S. Gilmore Emerging Artist Grant. His clients include elite athletes, dancers and those that have had their lives restricted by injuries, movement limitations and postural misalignments.

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!

**Pilates Umbrella** 145-157 St. John Street London EC1V 4PY  
tel 0870 246 1800 fax 020 7788 3429 e [info@pilatesumbrella.co.uk](mailto:info@pilatesumbrella.co.uk) [www.pilatesumbrella.co.uk](http://www.pilatesumbrella.co.uk)

# PRIME™ Post Rehabilitation Course

presented by Trent McEntire

*Empower your clients, instill hope and build momentum*

The PRIME™ Post Rehabilitation Course is ideal for Pilates instructors that have a passion for helping clients with chronic injuries get their lives back. PRIME is a new way to look at Post Rehab that easily applies to any Pilates environment and provides concrete tools for teachers from any style of Pilates.

PRIME addresses the needs of the whole body with extra care placed on the weakest and most imbalanced parts. PRIME is specifically designed for those people that have passed the acute phase of their condition and are currently experiencing chronic symptoms from limitations and biomechanical dysfunctions related to an injury or disease.



**Saturday** 12 June 2010, London  
19 June 2010, Leeds

New and Targeted Exercises:

- Feet as the Foundation
- Shoulder Integration

With Tools that Include:

- How to See Gravity (and why that is important)
- Internal Integration and Client Responsibility
- Tension Met with Release
- The Intensity Scale™

## Inside the PRIME Post Rehabilitation Course:

- Learn safe, gentle and specific hands-on techniques
- Understand the role of gravity for the client with movement limitations
- Explore how to modify any exercise
- Find success even in the most difficult situations
- Balance effort throughout the body to produce movement integration
- Understand types and causes of injury
- Programme strategies for specific client profiles
- Learn several exercises that emphasize whole body support in a pain-free range of motion

**Sunday** 13 June 2010, London  
20 June 2010, Leeds

New and Targeted Exercises:

- Balancing the Pelvis
- Unlocking the Spine

With Tools that Include:

- The Chain of Command™ technique
- The Role of Stretching
- Oppositional Kinetic Energy is the Key
- Movement Patterning with Core Support
- Hands-on Techniques

Both days focus on applications to your current clients and real life experiences. Attendees are encouraged to bring problems they're confronting with clients to the course for exploration and problem solving.

Each day will include a 20-page manual. These will include a breakdown of each of the tools and concepts along with an organized section for taking notes on specific exercises and modifications. There are charts, diagrams and worksheets that engage the attendees to incorporate multiple learning styles.

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