

# EMBODYPILATES TEACHER TRAINING

Embodiment  
Pilates  
Teacher Training



...Creating  
Extraordinary  
Teachers

at



**Tru-Balance**  
pilates fitness studio

1070 Lincoln Ave  
San Jose  
408.294.9656

## COMMON INJURIES AND CONDITIONS And How to Approach when Teaching Pilates

**Sundays February 3 and 10, 9am - 4pm**

Dixie FunLee Shulman provides practical information about many common injuries and conditions, including disc injuries, osteoporosis, scoliosis, stinosus, tendonitis, knee injuries, sciatica, hip replacements, SI dysfunction, knee injuries, plantar fasciitis, ankle sprains, fallen arches, thoracic outlet syndrome, carpal-tunnel syndrome, bunions, hammer toes, pregnancy and more. Guidelines are provided for how to approach first-time Pilates clients with each condition, as well as what to emphasize and what to be cautious about, and why. Modifications are examined as well as suggestions for how to advance such clients to their fullest potential.

This workshop includes a 40+page reference guide.

## THE ART OF TEACHING

**Sunday February 24, 9am - 4pm**

Dixie FunLee Shulman and Elizabeth Cassidy share over 30 years of Pilates teaching experience in this fun and inspiring workshop including these topics and more: how to see and interpret the body in front of you, how to approach the first session, designing a session, creating long-term plans for your clients, teaching to the unique needs of your clients, the value of imagery, and verbal and tactile cueing.

## THE COMPREHENSIVE WORKSHOP SERIES Winter/Spring 2013

**March 3, 10, 31    April 7, 27, 28    May 4, 5, 18, 19**  
**Saturdays 10:30 - 5:30pm, Sundays 9am - 4pm**

This workshop series covers the entire classical method of Pilates, plus a great deal of contemporary work, on the Mat and all Pilates apparatus, including the Reformer, Cadillac, Chairs, Barrels, Magic Circle, and Foot Corrector. Every level of Pilates is covered from Fundamentals to super advanced work, with plenty of modifications and variations. Basic anatomy, Pilates history and theory are also included.

[WWW.EMBODYPILATESTEACHERTRAINING.COM](http://WWW.EMBODYPILATESTEACHERTRAINING.COM)