



## **SHARI BERKOWITZ at PLAY PILATES**

### **Switzerland**

**Saturday 28 March 2020**

#### **1 - Baby's Got Back: Strengthening the Back Body Beyond Your Wildest Dreams (3h) - 9h30 to 12h30**

We're told that it is our abdominals that give us a strong back. The truth is: it is your back that gives you a strong back. In our work in Pilates, whatever your particular goal is, the strength of the back body is of vital consideration. And not just around your spine, but the back of your legs, pelvis, spine shoulder girdle and arms. In fact, a primary reason many exercises seem difficult to do or "fail" is because the back body has been missed. We will find out that nearly every exercise in every Pilates exercise requires strong cueing of the back body. It is remarkable! The path to accomplishing your and your clients' physical goals...is through the back!

#### **2 - Chair and Spine Corrector – Truly Understand the Apparatus (3h) - 13h30 to 16h30**

In this workshop, you'll learn how to transform your Spine Corrector into one of the most useful piece of apparatus in your studio! You will learn how to do and teach an entire flowing workout/session on the Spine Corrector as well as how to use just a handful of exercises to enhance a full workout. With over 40 exercises, there's a lot to work on and discover. You will also learn how to organize the exercises, how to position the clients on the apparatus and where to be to spot and cue the exercises as the teacher. It's surprising how special and important you'll find Spine Corrector. The Wunda Chair is often misunderstood and feared. With the new influx of Wunda Chair classes, truly understanding the chair, its history, exercises and uses is even more important than ever. It's one of the most versatile and exciting pieces of apparatus in the studio. In this workshop, you'll learn how to use it as part of or as a complete session always keeping movement flowing with purpose.

## Sunday 29 March 2020

### **3 - Enhance Your Teaching Skills – Dig Deeper into the Physical Understanding of Pilates (3h) - 9h30 to 12h30**

The more you teach, the more you need. Great Pilates doesn't come from more and more exercises. Mr. Pilates created a set number of exercises in the classical Pilates Method. We work within those exercises. Great Pilates is about digging deeper and deeper in to the physical understanding of the Pilates Method. In this workshop, Shari will teach you to see more of what you need to cue in your teaching. We cue precision and stabilization in layers. Develop your eye and your understanding. If you do this, you will always be able to challenge your students as well as yourself for a lifetime of Pilates!

### **4 - Shoulder Girdle – A complex System! (3h) - 13h30 to 16h30**

The Shoulder Girdle is a complex system. When I first started teaching, all I knew was "pull your wings down" and "crack a walnut". The more I study biomechanics, the more I know there's very little down and no cracking. It's a delicate balance of bone, muscles, ligaments, tendons...and constant reassessing. Dynamic Stability is what we're looking for. Let's spend time studying where we're going with the shoulder girdle and how to get there in Pilates. We'll take time with anatomy and biomechanics, Pilates exercises, common ailments and all of your questions. Take a moment to review what you already know before the workshop...then we can grow from there.