



MIGUEL SILVA @ EXHALE PILATES LONDON

FRIDAY 3RD NOVEMBER 2017

1 - Into the mind of the Teacher (2h) – 9am – 11am

Intuition is the most difficult part to convey with Pilates students. The hours you practice with your clients are a perfect tool to develop it but it is not everything. Our main apparatus that we use, the reformer and mat can really help us, and we should use it amongst other secret tools that this workshop will provide!

Explore the “visions” that we have about bodies on the reformer or mat and how to lead them to the appropriated “system” is the key to a great session. Your client will appreciate it and will keep coming back for more!!

2 - Pilates Kyphosis V Lordosis 3h – 11.30 – 2.30am

Our way of life, lack of physical exercise, poor nutrition, stress without time to take care of ourselves lead us to a deplorable physical and psychological condition ... and as Mr. Pilates said – ‘Physical well-being is the first requirement to happiness’

An excessive kyphosis and / or lordosis are the most common today. The reasons may be different, and it will be our job in this workshop to know what modifications to use in the system, to "soften" these curvatures of our back and to recover/support the client back to better health!

3 - Case Studies - 3h – 3pm – 6pm

Lower back pain - to round or not round, that is the question!

The Legs - Find out how to work with Bow legs & Knock Knees
Scoliosis - Side bends "mermaids" and twist exercises are the solution to stretch and strengthen your muscles around your spine.

In this workshop we will talk about practical cases very common in our studies.

Lumbar pains, Bow-legs, Knock Knees and also scoliosis.

We will learn what exercise to do for each of them within the "skeleton".

Learn adaptations, as well as more of an appropriate system to apply to improve muscle weaknesses.

SATURDAY 4th NOVEMBER 2017

1 - The Wunda Man workshop! - (3h) – 10am – 1pm

The Wunda chair is my favourite gadget.

It's like having a gym at home, as Joe Pilates described it.

In this workshop we will test strength, control and balance, taking it to the limit for every client of any level.

We will see exercises from basic to the most advanced!

2 - Electric Chair, magic circle, foot corrector and jump-board – (2h) – 1.30pm – 3.30pm

We will go through the exercises and see how these pieces of apparatus relate to one another to help develop strength, correct imbalances and assist in injury rehab.

We will learn how to use our centre to make our legs move!!

3 - The endings/Standing – (2h) – 4pm – 6pm

How we end a client's session is very important. You have to "return" the client to a standing position.

Choose the appropriate exercise according to its morphology and / or pathology or if you are an athlete (traditional endings), it is the "ticket" back to the next session.

Making the customer feel good is creating a need in their body for Pilates!