

= Revitalize your Pilates Teaching =
Workshops with Clare Hemani
Studio "pilates Erlangen" City Erlangen, Germany
Saturday April 28 until Tuesday Mai 1, 2018



Again, 2018, Master trainer Clare Dunphy Hemani will visit us. We like to invite you to join this „Revitalize your Pilates Teaching“-Event.

After the annual great success since 2011, we offer this year several workshops with Clare Dunphy Hemani. This is an opportunity to expand your Pilates-horizon.

We are looking forward to offer 4 days of intensive Training, and even more - learn from this exceptionally Master trainer and exchange experiences.

Day 1 (April 28 – Saturday): **"Magnificent Mat"**, all level teachers. (8 CEC's)

Day 2 (April 29 – Sunday): **" Spine Corrector Surprises "**, all level teachers. (8 CEC's)

Day 3 (April 30 – Monday): **" Super Advanced Pilates Club "**, advanced level teachers. (8 CEC's)

Day 4 (Mai 1 – Tuesday): **" Wunda-full Chair Class Design "**, all level teachers/students. (6 CEC's)

All Workshops/Presentations are in English.

Workshop CEC's can be used to extend Certificates.



Clare Dunphy Hemani,

Progressive Bodyworks founder, is based in Newburyport, Massachusetts. Her roots in the field of human movement began at Northeastern University with a BS in Physical Education in 1985, and holds certifications from PMA, ACE, and Romana (Pilates Guild). In 1995, Clare began her Pilates studies under Romana Kryzanowska and has since studied with several other teachers.

A presenter on Pilatesology.com and PilatesAnytime.com, Clare also hosts two free video channels on Vimeo.com for students and teachers interested in supplemental learning. As co-author of the Peak Pilates Comprehensive Education Program, she mentored scores of teachers and teacher trainers between 2001-2013. Clare's Newburyport studio is a unique space where students and teachers around the world come to hone their technique and study the art of teaching.

Committed to preserving the authenticity and tradition of Pilates, her approach is refreshing, energetic and supportive. Clare is excited to bring her talents her latest project **Pilates Avatar**, a comprehensive audio program designed for practitioners of all levels and as a new program offering for studios. Clare's gift is her willingness to share knowledge generously and her ability to explain concepts in simple, clear ways. Her mission is to support the potential in all students/teachers and to keep the spirit of Joe and Romana alive in her work.

Follow Clare at www.progressivebodyworksinc.com and on Facebook, Instagram, Pinterest, Tumblr.

April 27 (Friday): Clare's Master-Training-Day



On Friday at our Pre-Convention day Clare offers group-classes as well PT, Duo and Trio's trainings.

- 8:30 (Mat Class - max.15) for students all level and
- 9:45 (Chair Class - max.8) for students with chair experience.
- 11:00, 14:00 15:00 and 16:00, PT, Duo and/or Trio's slots
-

Booking and pricing requests need to be send to: studio@pilates-erlangen.de

== Workshop Descriptions, April 28 until Mai 1, 2018 ==

April 28 (Saturday): Magnificent Mat (8 hours workshop, 9:00 – 18:00)



Do you have mat clients that show up for class faithfully? Want ideas to keep them engaged, inspired, and coming back for more? Learn how to deepen into the work and keep your classes interesting, challenging and fun without adding in unnecessary “choreography” or even props! We will explore different scenarios and techniques to help you bring the best out of your mat students and help them see real results! Come prepared to move.

April 29 (Sunday): Spine Corrector Surprises (8 hours workshop, 09:00 – 18:00)

We think of the Spine Corrector as the apparatus of choice for individual needs exercises to open up the chest, shoulders and hips. Yet there is so much more we can do on this home friendly, space efficient apparatus! We will discover many other possibilities for Spine Corrector usage that are practical and really work in both, a private and semi- private setting, to give you more tools and ideas that are easy to incorporate and yield powerful results.



April 30 (Monday): Super Advanced Pilates Club (8 hours workshop, 09:00 – 18:00)



Join us for the first annual Super Advanced Pilates Club which is open to teachers and advanced students. We will highlight a selection of advanced exercises on different apparatus and deconstruct them so we can clearly see the necessary skills needed to perform them. Once we know the skills needed, we'll look at the stepping stones needed to build up to the full exercise. You'll experience, problem-solve, and practice techniques to successfully deliver the exercises to different bodies so you are confident to both do and teach them. The Club is your play space to exchange ideas with colleagues, explore the work with your real time questions, and be elevated

by the “group” brain and experience. Let us know if you have an exercise you want put under the microscope!

Mai 1 (Tuesday): Wunda-full Chair Class Design (6 hours workshop, 09:00 – 16:00)

The Wunda Chair was the original home exercise apparatus, easily fitting into a home space or a studio. It provides a perfect environment to work on finicky body parts, one-sided dominance, balance, and control. Whether you teach in a group setting or a private setting, there is a “method” to choose your exercise sequences that is varied, challenging and fun. Add some chair exercises during a full session or mat class to introduce students to the chairs.

Experience how to use the chair to challenge a specific area of the body, work on a particular exercise that's still difficult, or build on a theme (balance, posture, lift, full body control). We will discuss chair philosophy and you will get an opportunity to practice hands on techniques and practical class ideas you can use right away.



Organisational:

- Clare Hemani is teaching all workshops.
- Workshops starts daily at 9:00, and a 60 minute lunch break is included.
- During the complete workshop we provide drinks and during lunch we organize food.
- Saturday evening there is the possibility to join a dinner starting at 19:00 Restaurant „Mein Lieber Schwan“ (near by the Studio)

Travel information:

- **Studio** „pilates erlangen“ Lazarettstrasse 4, Erlangen (North Erlanger City area)
- **Car:** Highway exit „Erlangen Nord“ Highway A73, Parking directly after highway exit for free, 5 min. walk
- **Railway:** Railway Station „Erlangen“ (direct railway connection between Berlin-Nürnberg), 10 min. walk
- **Airport:** „Nürnberg“, 14 km distance to Studio; the best is to take a taxi.

Hotels:

Following hotel are in walking distance to the Studio

- A.B. Hotel**, Harfenstrasse 1c: ** aprox. 55 Euro, no reception, 5 Min. walk
- Quality Hotel Erlangen***, Bayreuther Str. 53: aprox. 90 Euro, 9 Min. walk
- Hotel Der Graue Wolf***, Hauptstrasse 80: aprox. 100 Euro, 4 Min. walk
- Boutique Hotel Villa-Soy****, Östliche Stadtmauerstraße 4: aprox. 95 Euro, 14 Min. walk
- Hotel Altmann's Stube****, Theaterplatz 9; aprox. 120 Euro, 7 Min. walk

For more Hotels and detailed information need to be look up in the internet accordantly.

Pricing:

(Until March 31,2018):

6 Hours: 249,00 €

8 Hours: 329,00 €

(From April 1, 2018):

6 Hours: 279,00 €

8 Hours: 369,00 €

Discount Key for your booked Total:

1 Day: 0 % 2 Days: 5 % 3 Days: 10 % 4 Days: 15 % Discount (Rabatt)

19% German VAT already included

Registrationform

Name:

Address:

ZIP:

City:

Country:

Mail:

Phone:

Workshops:

			Until 31/3/2018	from 1/4/2018
April 28:	Magnificent Mat	(09:00 – 18:00)	<input type="checkbox"/> 329,00 €	369,00 €
April 29:	Spine Corrector Surprises	(09:00 – 18:00)	<input type="checkbox"/> 329,00 €	369,00 €
April 30:	Super Advanced Pilates Club	(09:00 – 18:00)	<input type="checkbox"/> 329,00 €	369,00 €
Mai 1:	Wunda-full Chair Class Design	(09:00 – 16:00)	<input type="checkbox"/> 249,00 €	279,00 €

Total €

Discount Key for your booked Total:

1 Day: 0 % 2 Days: 5 % 3 Days: 10 % 4 Days: 15 % Discount (Rabatt)

19% German VAT already included