

= Revitalize your Pilates Teaching =
Workshops with Clare Hemani
Studio "pilates erlangen" City Erlangen, Germany
Wednesday May 1 until Sunday May 5, 2019



pilates  erlangen

Again, 2019, 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 Clare Dunphy Hemani is back again with several workshops. This is an opportunity to expand your Pilates-horizon.

We are looking forward to offer 4 days of intensive Training AND additionally you can book observations and privats on Thursday (May 2). Take the chance to open up another gate of learning, exchange experiences and use the time for Q&As with this exceptionally Master trainer.

Day 1 (May 1 – Wednesday): " **Super Advanced Pilates Club** ", advanced level teachers. (8 CEC's)

Special May 2 (Thursday): **Clare's Master-Training-Day** (Book your Private and/or Observations)

Day 2 (May 3 – Friday): " **Discovering Connections** ", all level teachers. (8 CEC's)

Day 3 (May 4 – Saturday): " **Mat Tune Up!** ", all level teachers. (8 CEC's)

Day 4 (May 5 – Tuesday): " **Discovering Powerful Endings** ", 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.

May 2 (Thursday): Clare's Master-Training-Day



Mat Class (max.15)

8:30 for students all level (16 Euro/person)

Sessions: PT, Duo or Trio's (50 min. slot)

10:00, 11:00, and 14:00, 15:00 and 16:30,
price: PT - 120 € / Duo – 140 € / Trio 150 €

Observations

include 15 min. Observation reviews for any Q(estions) & A(nswers)
12:00 and 16:00 (20 € / person / day)

Please send your booking to: studio@pilates-erlangen.de

== Workshop Descriptions, May 1 until May 5, 2019 ==

May 1 (Wednesday): Super Advanced Pilates Club (8 hours workshop, 09:00 – 18:00)

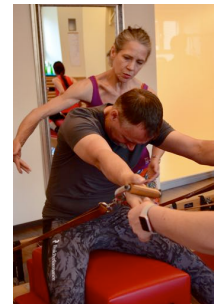


Join us for the annual “Super Advanced Pilates Club” which is open to teachers and advanced students. We will highlight a selection of advanced exercises on different apparatus and deconstruct them so we can clearly see the necessary skills needed to perform them. Once we know the skills needed, we’ll 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!

May 3 (Friday): Discovering Connections (8 hours workshop, 09:00 – 18:00)

Discover connections between key weaknesses that show up in the basic Mat and Reformer repertoire that we can specifically identify in order to improve throughout the “System”. Find solutions to these problems on other apparatus which address the specific need of your client. We’ll look more closely into the role of the Hundred, the Standing Leg, Handstands, the “C” Curve and more. This workshop will give you tools to get your students to their next place.



May 4 (Saturday): Mat Tune Up! (8 hours workshop, 09:00 – 18:00)

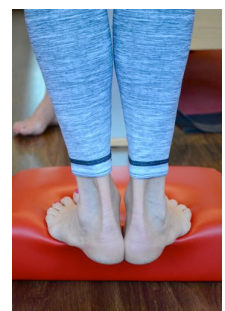


Find your body in open space is a play with gravity that can be the most difficult thing in understanding the Pilates Mat workout. Discover the essential elements of bringing the Matwork to life with practical tools to bring to your students.

May 5 (Sunday): Discovering Powerful Endings (6 hours workshop, 09:00 – 16:00)



Endings are important because they punctuate your time and work together. The way you end a session often sums up the theme you worked on and gives your client something to think about until they see you again. It creates an opening for next weeks work. Finding ways to both invigorate and personalize a session is the power of the Ending.



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 31,2019):

6 Hours: 269,00 €

8 Hours: 349,00 €

(From April 1, 2019):

6 Hours: 299,00 €

8 Hours: 389,00 €

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 31/3/2019	from 1/4/2019
May 1:	Super Advanced Pilates Club	(09:00 – 18:00)	<input type="checkbox"/> 349,00 €	389,00 €
May 3:	Discovering Connections	(09:00 – 18:00)	<input type="checkbox"/> 349,00 €	389,00 €
May 4:	Mat Tune Up !	(09:00 – 18:00)	<input type="checkbox"/> 349,00 €	389,00 €
May 5:	Discovering Powerful Endings	(09:00 – 16:00)	<input type="checkbox"/> 269,00 €	299,00 €

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