

 <p>Physical Therapy Pilates Gyrotonic®</p>	<p>12930 Ventura Blvd. Suite 226A Studio City, CA 91604 818.907.0008-Phone 818.907.0088- Fax</p>	<p>2520 West Olive Ave Suite 300 Burbank, CA 91505 818-729-9419- Phone 818-729-9559</p>
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As leading experts in Pilates education, Core Conditioning's team of physical therapists speak nationally and internationally on a variety of topics integrating Pilates and rehabilitation. Core Conditioning offers Module based and Comprehensive Pilates instructor training courses through Balanced Body University in accordance with the guidelines established by the Pilates Method Alliance. Core Conditioning education staff also teaches various continuing education workshops available throughout the year, worldwide.

Core Conditioning Continuing Education Workshops

FOR QUESTIONS REGARDING ALL WORKSHOPS please contact our Education Coordinator at:

educationinfo@coreconditioningpt.com

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| July 22-24-2011 | NEURAC 1 TRAINING FOR HEALTH PROFESSIONALS at Core Conditioning, Studio City, CA. Please visit www.neuracpt.com for more information. |
| July 24-2011 | EXO® CHAIR WORKSHOP at Core Conditioning, Studio City, CA. Please visit www.pilates.com for more information. |
| August 16 & 23-2011 | PILATES TOUCH: MANUAL THERAPY TECHNIQUES IN COMINATION WITH PILATES APPARATUS at Core Conditioning, Studio City, CA. Please visit www.californiaeducationconnection.com for more information. |
| August 26-28-2011 | PILATES TEACHER TRAINING MODULE: MAT 1 at Core Conditioning, Studio City, CA. Please visit www.pilates.com for more information. |
| August 28-2011 | INTEGRATING PILATES FOR THE STABILIZATION OF THE PELVIS, SPINE & UPPER QUADRANT in Long Beach/Orange County Area, CA. Please visit www.californiaeducationconnection.com for more information. |
| September 9-11-2011 | ANATOMY IN CLAY® at Core Conditioning, Burbank, CA. Please visit www.pilates.com for more information. |
| September 11-2011 | UTILIZING PILATES APPLICATIONS & EQUIPMENT IN YOUR CLINICAL PRACTICE WHILE MAXIMIZING SPACE & COSTS at Core Conditioning, Studio City, CA. Please visit www.californiaeducationconnection.com for more information. |
| September 16-18-2011 | PILATES TEACHER TRAINING MODULE: REFORMER 1 at Core Conditioning, Studio City, CA. Please visit www.pilates.com for more information. |
| October 2-2011 | ORBIT™ ON THE ROAD TOUR WORKSHOP at Core Conditioning, Studio City, CA. Please visit www.pilates.com for more information. |

October 4-5-2011 THOMAS MYERS-ANATOMY TRAINS MYOFASCIAL MERIDIANS FOR MOVEMENT THERAPISTS at Core Conditioning, Studio City, CA. Please visit www.ehspilates.com for more information.

October 14-16-2011 PILATES TEACHER TRAINING MODULE: MAT 2 at Core Conditioning, Studio City, CA. Please visit www.pilates.com for more information.

October 16-2011 INTRO TO REDCORD ACTIVE at Core Conditioning, Studio City, CA. Please visit www.neuracpt.com for more information.

November 2-5-2011 PILATES METHOD ALLIANCE 11TH ANNUAL MEETING at Desert Springs, CA. Please visit www.pilatesmethodalliance.com for more information.

November 18-20-2011 PILATES TEACHER TRAINING MODULE: REFORMER 2 at Core Conditioning, Studio City, CA. Please visit www.pilates.com for more information.

December 3-2011 TOM MCCOOK'S: BALANCE THE SPINE & PELVIS WITH THE FRANKLIN METHOD & PILATES REPERTOIRE 9:30AM-12:30PM at Core Conditioning, Studio City, CA.
TOM MCCOOK'S: BALANCE THE SHOULDER GIRDLE & NECK WITH THE FRANKLIN METHOD & PILATES 2:00PM-5:00PM at Core Conditioning, Studio City, CA.
Please contact Robyn@coreconditioningpt.com for more information.

December 9-11-2011 PILATES TEACHER TRAINING MODULE: CADILLAC & TRAPEZE TABLE at Core Conditioning, Studio City, CA. Please visit www.pilates.com for more information.

January 6-8-2012 PILATES TEACHER TRAINING MODULE: REFORMER 3 at Core Conditioning, Studio City, CA. Please visit www.pilates.com for more information.

January 22-2012 LEVEL 1- REDCORD ACTIVE: at Core Conditioning, Studio City, CA. Please visit www.neuracpt.com for more information.

January 27-29-2012 PILATES TEACHER TRAINING MODULE: CHAIRS & BARRELS at Core Conditioning, Studio City, CA. Please visit www.pilates.com for more information.

February 17-18-2012 PILATES TEACHER TRAINING MODULE: PILATES APPLICATIONS FOR SPECIAL CONDITIONS at Core Conditioning, Studio City, CA. Please visit www.pilates.com for more information.

March 9-10-2012 PILATES TEACHER TRAINING MODULE: MASTERING THE ART OF PILATES PROGRAM DESIGN at Core Conditioning, Studio City, CA. Please visit www.pilates.com for more information.

PILATES TEACHER TRAINING MODULE: Pilates Applications for Special Conditions: This course is designed to outline the appropriate applications of the Pilates Repertoire for special populations. Populations covered in this series include: Fibromyalgia, Total Hip Replacement, Lumbar Dysfunction/Low Back Pain, Cervical Dysfunction, Upper Extremity Dysfunction, and Lower Extremity Dysfunction.

PILATES TEACHER TRAINING MODULE: Mastering the Art of Pilates Program Design: This course explores programming methodology, client progression timing, as well as how to modify and when for the seasoned and new instructor alike.

TOM MCCOOK'S: BALANCE THE SPINE & PELVIS WITH THE FRANKLIN METHOD AND PILATES: Learn to move and teach better! Take a deeper dive into the amazing human design to gain valuable insight for your teaching and movement practice. In this 3 hour workshop you will gain experiential knowledge and practical understanding of the relationship between the spine and pelvis in movement to support life long wellbeing. Tom McCook a Franklin Method educator and Pilates teacher will blend the Franklin Method with related Pilates repertoire for optimal learning and skill development. This workshop will help you to understand movement and cueing in a whole new way.

TOM MCCOOK'S: BALANCE THE SHOULDER GIRDLE & NECK WITH THE FRANKLIN METHOD AND PILATES: Experience, understand and teach optimum function using the Franklin Method and the Pilates repertoire. In this 3 hour workshop, you will learn through touch, movement and interactive lecture, the bone and muscle relationships of the shoulder girdle and cervical spine for tension release, postural improvements, strength, flexibility and greater efficiency of movement. We will combine the lessons with related Pilates repertoire for health and performance.

THOMAS MYERS- ANATOMY TRAINS MYOFASCIAL MERIDIANS FOR MOVEMENT THERAPISTS: Anatomy Trains offers skills that movement therapists can use to see their clients more clearly and work more effectively. Traditional Anatomy is so static, but humans are constantly in dynamic movement. This course gives you that transmission from muscle to muscle through the fascial fabric. This course helps you Body Read your clients postural and movement patterns with greater accuracy and integration. You will be able to gain access to effective treatment strategies for resolving postural distortions, which may occur some distance from the obvious site of pain or limitation.

INTEGRATING PILATES FOR THE STABILIZATION OF THE PELVIS, SPINE & UPPER QUADRANT: This course is designed for Physical Therapists, healthcare professionals and Pilates instructors. Participants will be instructed in functional anatomy and biomechanics of the shoulder complex, trunk and spine in addition to indications and contra-indications to common shoulder and spinal dysfunction. Emphasis will be placed on core stabilization. Differentiation of compensatory patterns of spinal stabilizers and proper recruitment of the inner unit will be covered. Indications and contraindications will be reviewed with the application of Pilates Equipment and Pilates Mat repertoire.

EXO® CHAIR: The EXO® Chair delivers a unique and fun, full-body workout. Add in a Functional Resistance Kit and you can push and pull! This gives you a host of new exercises not possible with any other chair - including many that could previously be done only on a Reformer - and offers a challenging cardio/aerobic workout. **THE ORBIT™:** Super fun and super circular, the [Orbit™](#) rolls into your classes or personal training sessions to enhance flexibility, stability, strength, balance and coordination. This 6 hour course includes standing, seated, all fours, plank, prone and supine exercises creating a full body workout for any client. Workouts are included to teach you how to format a group class.

PILATES ARC™: The Pilates Arc™ is versatile, lightweight, low-cost Step Barrel for Pilates that is perfect for professionals or home users! Designed for personal training or group exercise programs, the Pilates Arc features a patent-pending asymmetrical shape...Three durable, lightweight exercise tools in one. As a classic Spine Corrector you will appreciate the improved comfort and ergonomics - a gentler curve on the barrel and a more rounded step. This exercise Arc has a gentle curve on one side and a steeper curve on the other, its asymmetrical shape is extremely versatile for different uses and body types. The Arc can also be used as a Wedge for your Balanced Body® Reformer. Slide it onto the shoulder rests, and use it to provide back support and stability for a variety of strength and mobility challenges.

ANATOMY IN CLAY®: Learn the basics of musculoskeletal anatomy by building muscles in clay on a specially designed skeleton called a Maniken® model. (Yes, this is as cool as it sounds!) These workshops will review the essentials of musculoskeletal anatomy and kinesiology as you build the major muscles used in movement. Once you have built the body from the inside out, you will never feel intimidated by anatomy again!

NEURAC 1 TRAINING FOR HEALTH PROFESSIONALS: "Neurac 1" begins by introducing theoretical and practical applications of suspension exercise therapy to assess and treat neuromuscular deviation, muscle weakness, muscle imbalances and chronic pain. It then moves to train participants in the use of more specific motor-control tests for patient examination and evaluation, and then correlates each to treatment. The

Neurac testing and treatments presented in this course are centered on weaknesses along myofascial chains affecting the spine, pelvis, and upper and lower extremities. Participants will gain an understanding of the theoretical basis underlying the Neurac method of neuromuscular activation, the ability to evaluate and treat neuromusculoskeletal dysfunctions in a pain-free environment and the ability to apply suspension exercises to improve stability, balance and neuromuscular function. This course material is intended for the Physical Therapist, Physical Therapist Assistant, Occupational Therapist, Occupational Therapist Assistant, Athletic Trainer, Chiropractor, or Medical Doctor. An application for CEU's has been made to The New Jersey State Board of Physical Therapy Examiners.

UTILIZING PILATES APPLICATIONS & EQUIPMENT IN YOUR CLINICAL PRACTICE WHILE MAXIMIZING SPACE & COSTS: This course is designed to help clinics bring Pilates into their practice while maintaining economy of space and cost. The Springboard/Wall Unit and Arc Barrel are a cost effective and space saving way to utilize Pilates applications in a clinical practice and offer home exercise programming options to patients. The Springboard offers a variety of applications for the entire body including pelvic and shoulder girdle stabilization and well as Core strengthening. The Arc Barrel is a versatile, lightweight, low-cost Step Barrel for Pilates that is perfect for clinical applications improving strength and mobility of the spine with the option of incorporating its use for home exercise programming.

PILATES TOUCH: MANUAL THERAPY TECHNIQUES IN COMINATION WITH PILATES APPARATUS: This course is designed for licensed health care practitioners interested in using manual therapy techniques in combination with Pilates apparatus. These techniques will incorporate the following principles: Neuromuscular re-education, ROM, strength/stabilization and functional movement patterns with specific applications on the Reformer and Trapeze Table. Learn techniques incorporating the equipment to facilitate specific manual techniques.

REDCORD ACTIVE: Duration: 1 day (7 contact hours) After completing the Redcord Active Intro course, you will have sampled some of the exercises for the whole body that lead to a pain free and more functional life. You will gain knowledge on how to decide the correct exercises, and how to implement them in training and group activities. These exercises are the basis for more specific exercises such as those found in our personal training and sports performance courses. All the exercises come from Redcord medical exercises which are used by therapy professionals to successfully treat musculoskeletal and motor function disorders. Topics covered in this course: • Background, definitions, and basic principles for Redcord Suspension Exercise • Basic theory on neuromuscular control, core stability, functional strength and functional exercise • Grading suspension exercises in Redcord Trainer • Redcord Suspension Exercise in standing, side-lying, prone, and supine starting positions

Keep checking the Core Conditioning website at www.coreconditioningpt.com

For more courses and schedule updates!

***NOTE: The above schedule is subject to change based on number of attendees,
Or availability of instructors and locations.***



PMA Approved Provider
PMA Gold Certified Instructors

