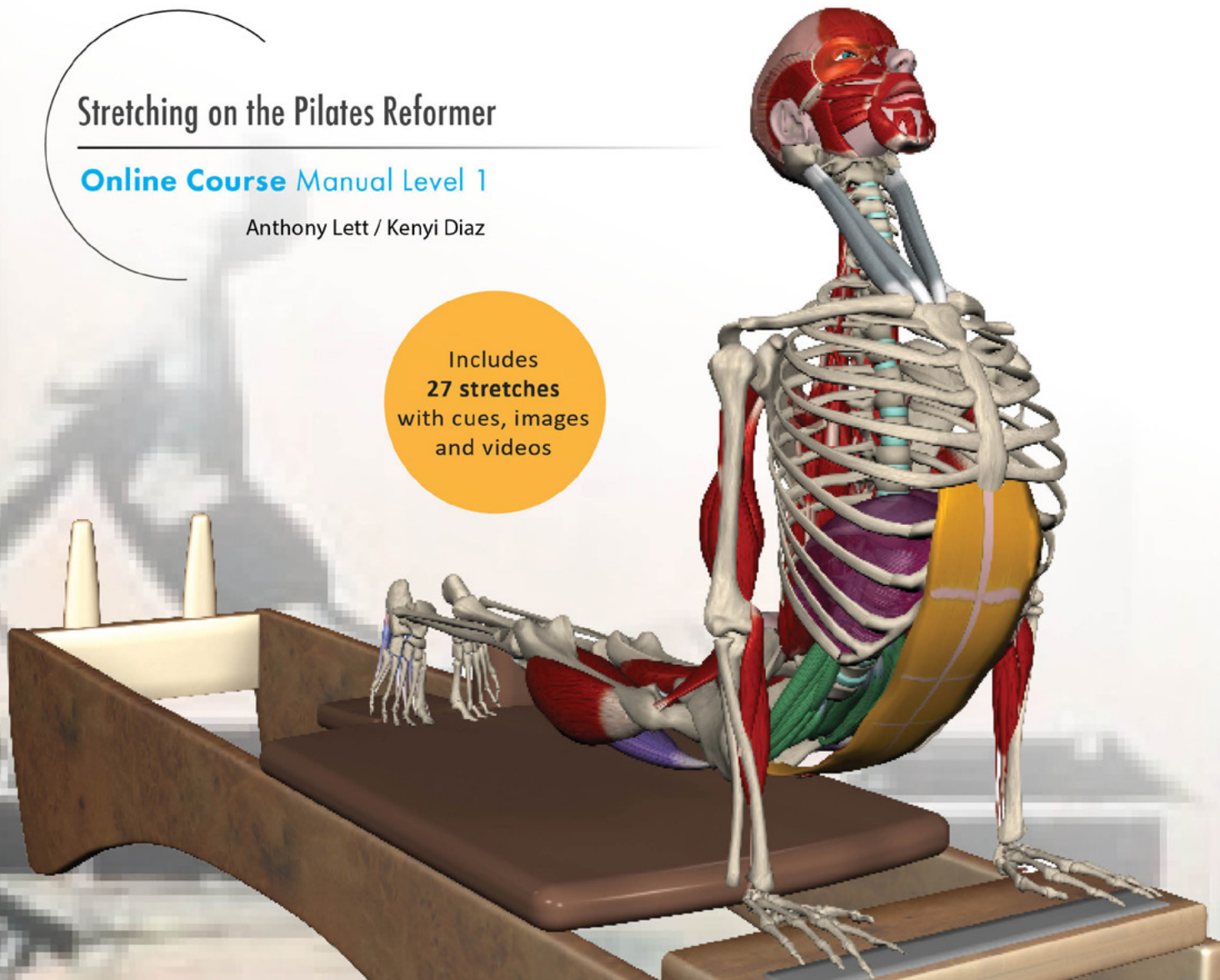


Stretching on the Pilates Reformer

Online Course Manual Level 1

Anthony Lett / Kenyi Diaz

Includes
27 stretches
with cues, images
and videos



"Stretch with strength and control" Joe. P.

Innovations in Pilates

(Stretch Pilates)



Welcome! and thank you for taking an interest in innovations in Pilates, also known as Stretch Pilates.

Innovations in Pilates is dedicated to preserving and advancing the stretching aspect of the Pilates method. It can be taught on a mat, or on the Pilates reformer. Innovations in Pilates can be taught for remediation from injury, performance enhancement and the management of stress. It is now practiced in over 25 countries, and supported by four popular books. Complete level one and join our vibrant international community!



Quality Lecturers

With Innovations, you will be learning with international Pilates industry leaders Anthony Ilett and Kenyi Diaz. Both have taught Innovations in Pilates in 25 countries worldwide and given keynote presentations for many national Pilates associations. Their latest two books were both Amazon best sellers internationally and remain consistently in the top ten Pilates books worldwide. For further information on them please visit <https://www.innovationsinpilates.com/about-us-1>

table post graduate certification for Pilates instructors. Our courses are certified with the Pilates Method Alliance, and with a host of other national associations. If you would like us to approach your association for continuing education credits or course recognition, please contact us.



Flexible Timetables

We understand you need a schedule that works with you. That's why we offer the course as an online option, letting you create a timetable that works with your busy life.



International recognition

Innovations in Pilates is recognized with Pilates associations worldwide as a repu

Level One teacher training certificate in reformer Innovations in Pilates

Pre-requisites:

For certification/award, i.e. if you want to teach the material, the requirement is a Pilates teacher training certification.

For non-award participation, i.e. for your own personal development, no Pilates certification is required. However, you must have attended at least 12 months of Pilates classes.

What's involved?

You will learn all of the 27 stretches, with variations, that we teach in our popular live course. Level one involves basic and wherever possible, uncomplicated stretches that are suitable for most clients except those that already have a high level of flexibility. To challenge that kind of client, you may need the level two or three course.

Which stretches will I learn?

We have selected stretches for the entire body, so that you can integrate them into your classes as well as providing a full body "stretch-out" class. We also have some class activities and a book titled "Stretching for Stiffies" to help you to think about how to include the material in your studio work. Here's a short list of the material.

Calves: 4 stretches with multiple variations
Hamstrings: 2 stretches with 2 variations
Hip flexors and quads: 3 stretches with many variations
Gluteals: 2 stretches with several variations
Adductors: 2 stretches with several variations
The trunk:
One rotation with variations
Two flexion with variations
One extension with variations
Two lateral flexion with variations
The shoulders & arms
Latissimus dorsi: one stretch with variations
Rotator cuff: two stretches for internal and external rotation with variations

What else will I learn?

The course starts with the introductory chapter from the book "Stretching on the Pilates Reformer, essential cues and images" This chapter includes the history of Pilates and stretching, the background to Innovations in Pilates and some basic information on the biomechanics and neurophysiology of stretching. At the completion of this chapter students need to complete a 30-minute multiple choice quiz.

Once you have learned all the stretching material, there are two short assignments to help you to think about and learn how to integrate the material into your studio teaching.

How will I be assessed?

The course is divided into 3 modules.

Module one includes the legs, module two the trunk, and module 3 the shoulders and arms.

At the completion of each module, you must complete an online quiz. The pass mark is 95%. You can repeat it any number of times at no extra cost.

You are also entitled to two one hour skype sessions per module. The first session will enable us to work with you and cover the material and questions that you may have. You must have a reformer with you during all skype sessions. The second session will involve us randomly selecting stretches from the module and asking you to teach a client that you will have with you.

Don't be put off by the assessments. Our goal is to educate you, not to fail you. Assessments are designed to find out what you don't know, and then to fill in those gaps. We will work together to achieve that goal.

How is the material presented?

Students are provided an interactive PDF (sample attached) that includes all the stretches, plus videos and cues for all of the material. Its free and yours to keep!

In Summary

Free interactive pdf of all material
6 hours of private skype teaching and training sessions with us
4 quiz sessions online
Final assignments to assist you to take the work into your studio.
Your Investment: \$750 USD. (Monthly installments are also possible.)

Finally!

Please have a read of our testimonials. Our Innovations courses have been taught in 25 countries, and the material is now being practiced worldwide. As a graduate, you can integrate this material into your classes, or start separate classes in your studio titled "Innovations in Pilates." We have several graduates doing this very successfully. We can assist you with photos and sample advertising material also. Our material is cutting edge, and we are certain you will gain a great deal by taking further education with us, as well as distinguishing yourself from the very large group of Pilates teachers that you now compete against. Most importantly, your clients will love the work. Happy clients mean more clients!

The level one course is a terrific introduction to our material. In future if you feel excited by the work, we have level two and three material available online also. This more advanced work includes dynamic stretching, stretching for sporting performance and testing for range of movement including designing individual stretching programs. Completion of level one also entitles you to free membership of our product owners Facebook page, where we will be posting videos of new exercises and class formats very soon.

Come and learn with us! Innovations in Pilates/Stretch Pilates is an exciting dimension to traditional Pilates and one that will enhance and invigorate your teaching.

To enroll today, please contact us at anthony@innovationsinpilates.com

Testimonials

Your work has really helped this newbie Pilates teacher. As a retired academic. I appreciate quality research. As art and design faculty I appreciate elegant functional design. And as a sculptor, the ecouchè illustrations and animations put it all together for me. When idea, form, and context are aligned, art happens!

Keep up the great work.

Slantè

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This was, no contest, one of the best learning experiences ever. I actually can't wait to take the online test!

Dianna Klotz

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From my mid-teens through my 20s, tight hips and back pain were the story of my life. After injury, surgery, injury...I found Pilates and my life transformed. I've been able to live pain-free and have a body that feels the best it ever has!

In my quest to continuously progress by learning as much as I can about Pilates and the body, I found @innovationsinpilates . By incorporating the work into my own practice, I have seen a significant change in my range of motion and overall flexibility. Exercises I used to shy away from due to the level of tightness in my body, I can now actually perform. AND I NEVER thought I'd get my hips to open this much Pilates instructors, if you have not taken this course, it's an ABSOLUTE MUST!! Thank you Anthony and Kenyi for all your hard work in producing such fabulous material!!

Sarah Burger

'Anthony Lett's workshop 'Innovations for Pilates' was incredible. There are workshops that are intellectually filled with incredible ideas and knowledge about the body. There are workshops that makes your body feel great. Anthony gave us both. Anthony Lett's book is one of the best books on the market for professional teachers.

We have a few more copies at the studio of a CD of his book.. You can go online also on his website to order an Ebook. Stay tuned. We want Anthony back next year!

Lesley Powell,

Owner of Movements Afoot Pilates Studio,
New York City

Thank you Anthony for a truly amazing learning experience! You are such a patient, kind and knowledgeable teacher and created a safe and fun learning experience. I learned so much over the weekend and came away feeling much more confident about anatomy and excited to continue learning more!! I can't wait to take more of your courses! Thank you again!

Christina Flynn
