



Yin Pilates level two course guide

The goals of the level two program are as follows:

- Review the understanding and progress of level one material and provide mentoring
- Introduce students to a range of more advanced stretches (26 in total)
- Learn to create a variety of classes with themes including, for example, fusion classes
- Develop relaxation teaching ideas further and review progress so far
- Provide masterclasses to give teachers the opportunity to experience sessions from the student's perspective
- Introduce some mat based alternative stretches
- Learn a full Range of motion assessment protocol on the Pilates reformer

Day one

- Master class 60 minutes
- Teaching review: demonstration of level one material and how to increase or decrease the degree of difficulty of each stretch 90 mins
- New stretching material 3.5 hours

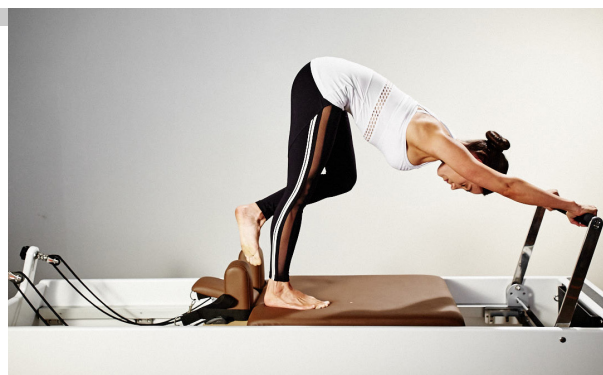
Calves:

Variations to standing calves 3.0

Standing calves 4.0

Lying peroneals

Standing soleus



Hamstrings:

Reverse straight leg HS
Reverse big toe
Bent leg HS: principles of BL approach
Standing HS bent leg & variations
Kneeling bent leg & variations
The Russian
Hip Flexors
Review level one including variations
The classic
Thigh stretch



Day two

Masterclass 45 minutes
Stretches full day
Gluteals
The pigeon pose
Adductors
Squashed frog



Spine:

Flexion
Review posterior stretch and pull push seated
Reverse curl
Dangler
Rotation
Reaching under the table
Lying rotation
Extension
Cobra
Cobra 2.0
Lateral flexion
Kneeling banana



Arms and shoulders

Pec major
Biceps
Pec minor



Day three

Masterclass 60 minutes

Range of movement testing and exercise prescription

Student clinic 90 minutes

On completion

Students must take the 60-minute multiple choice examination within 3 months of course completion.

Congratulations! You are now in possession of even more repertoire and knowledge with which to help your clients and your teaching confidence and ability.

If you are not a member of the online endorsed teacher's community, we once again invite you to join. You will gain access to:

- Dozens of Pilates specific articles
- Professional photographs for your flyers
- Professional logos
- Videos of all of the material in level one
- Class programs that you can readily use
- Your bio as an endorsed teacher on our website
- Live demonstrations of stretches that you request us to make!

The road ahead?

In level three you will be introduced to the remainder of the Yin Pilates stretches. This comprehensive course also covers:

- Teaching review and transitioning to "compartmental /regional stretching," role reversal and nuancing of stretches
 - Stretching anatomy
 - Breathing and stretching
 - Mind/body medicine and the biopsychosocial approach to wellbeing
 - Dynamic stretching -evidence for it, how to construct dynamic mobility sessions
 - Mobility compared to flexibility
 - Stretching for athletes-constructing biomechanical analysis and program design

