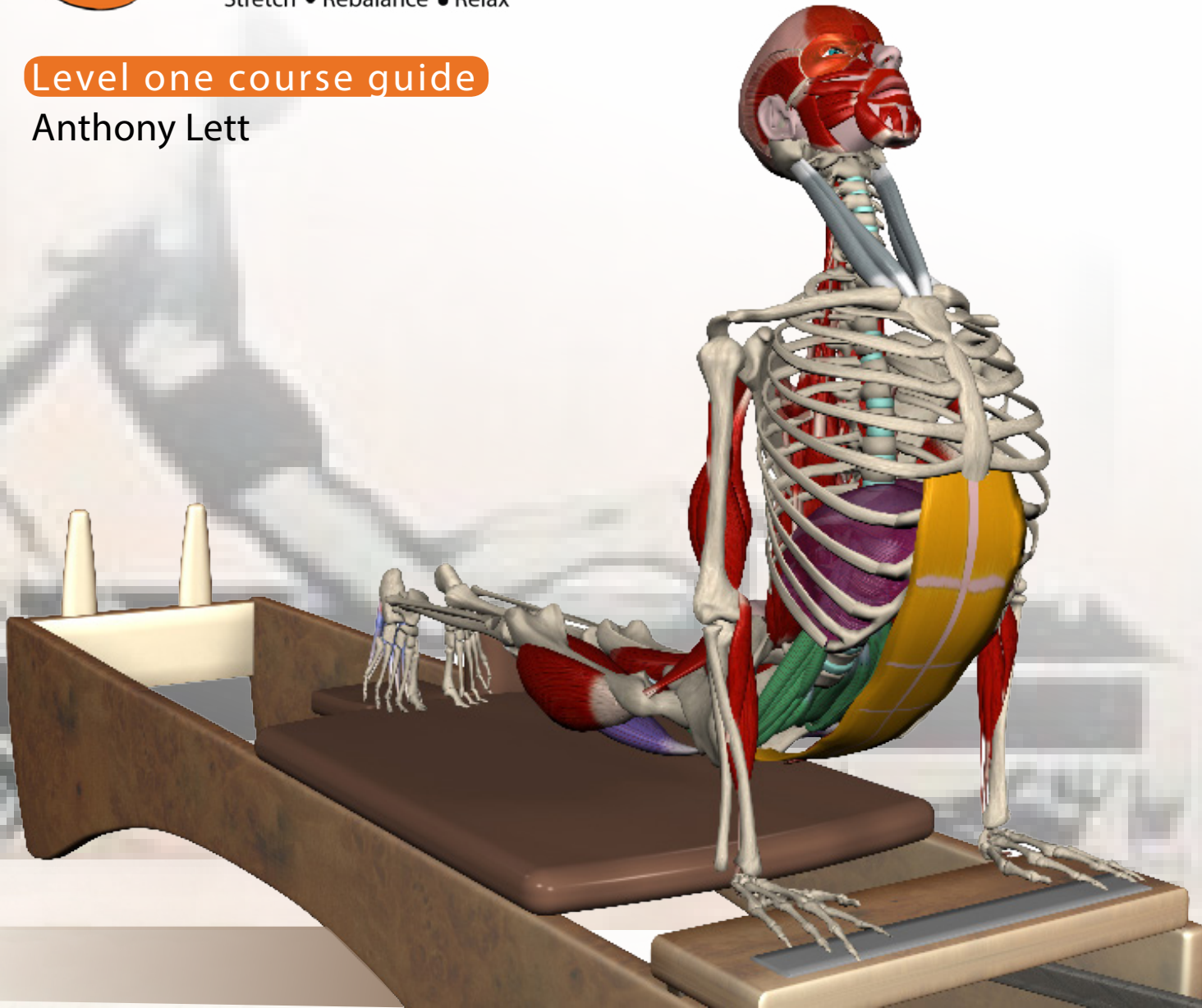


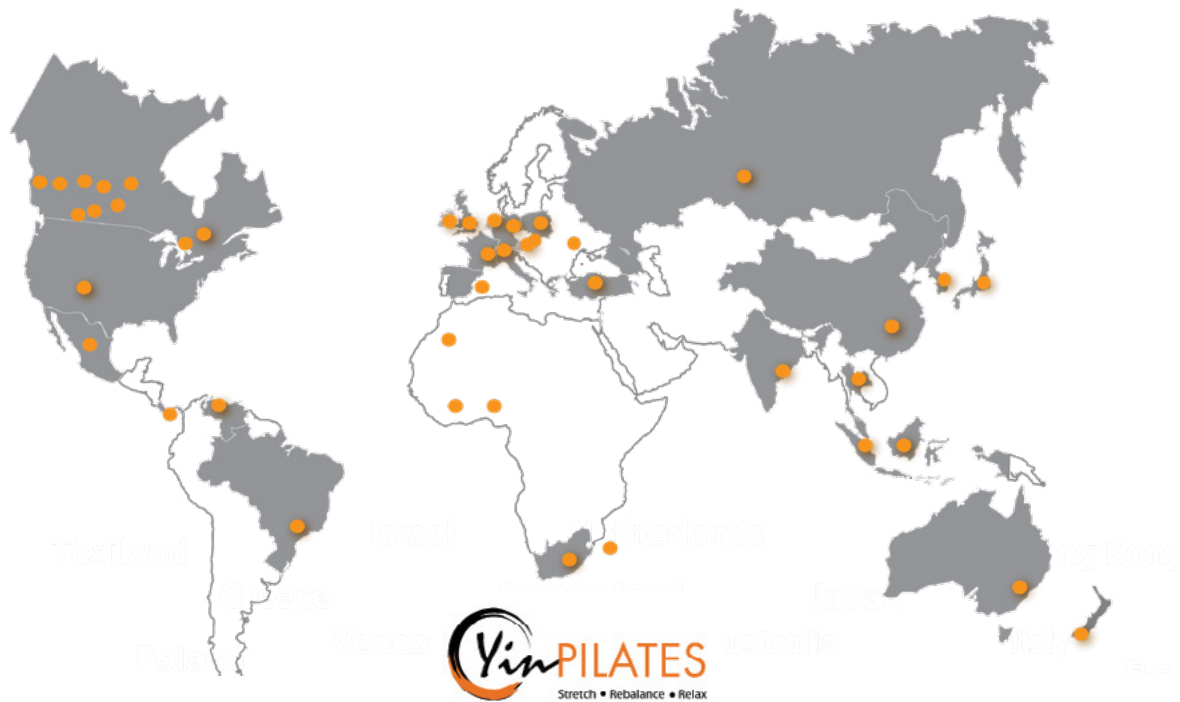


Level one course guide

Anthony Lett



“I want to spread my doctrines on the subject of tension **and relaxation** so that the world at large may benefit.” Joe Pilates



**Welcome! and thank you for taking an interest in Yin Pilates,
formally known as Innovations in Pilates**

Yin 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. Yin 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 six popular books. Complete level one and join our vibrant international community!



Quality Lecturers

You will be learning with international Pilates industry leaders Anthony Lett and Kenyi Diaz. Both have taught Innovations in Pilates in 25 countries worldwide and given keynote presentations for many national Pilates associations. Their latest three books were both Amazon best sellers internationally and remain consistently in the top ten Pilates books worldwide.



International recognition

Yin Pilates is recognized with Pilates associations worldwide as a reputable 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.

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. If you have a background in dance, yoga or physical therapies and would like to join us, please contact us for a chat.

What's involved?

You will learn 35 stretches, with variations. 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 full body "stretch-out" classes. We also teach you a full suite of neck stretches, along with relaxation scripts that are the subject of our new book titled "Text Neck." 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
- **8 Neck stretches**

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 its evolution into Yin Pilates. There is also a short interactive lecture on the biomechanics and neurophysiology of stretching.

Following this, we work through all of the stretching material. We practice it, and we practice teaching it. On day three, we cover some easy to digest information on stress and its effect on the mind and body. We look at the current research on stress management. We then learn some basic relaxation methods to integrate into classes. There are also master classes and a student clinic where we bring in some beginners for us to practice teaching with.

How will I be assessed?

The practical aspect of teaching is assessed throughout the course. We invite students to join our online professional development portal for continuous learning. There is also a two hour multiple choice exam which students can take within one month of completing the course. The test can be taken any number of times until the pass rate of 90% is achieved. The correct answers to any of your incorrect ones are always provided. Our aim is to educate you, not to fail you. With the exam passed and complete, students can elect to join our community and access all of our logos, advertising, on-line video learning and promotional material.

Course materials: "Stretching on the Pilates reformer Essential Cues and Images". Required reading.

Optional reading: "Your body your yoga" Bernie Clark, "Why zebras don't get ulcers" Robert Sapolsky

Your Future with us

Once you have completed your course, you have several options.

a) Start teaching Yin Pilates!

b) Join our on-line professional development program.

For \$12 per month, you will:

- Gain access to dozens of photographs to use for advertising.
- All of our advertising material.
- On-line videos of all of our material which is added to weekly.
- Live classes taped weekly.
- Use of our logos.
- Turnkey classes and downloadable class plans.
- Your bio featured on our "Find a teacher" page.
- You don't have to decide to join this now, but we like to let you know its available.

c) Complete level two and three

d) Complete our Pilates Kinesiology and Stretching Anatomy course and apply to become a teacher educator and run your own teacher training courses.

Contact details

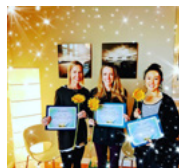
info.innovationsinpilates@gmail.com

Whatsapp Anthony Lett
+61424328200

Testimonials

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

Dianna Klotz



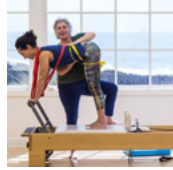
Thank you Anthony for a truly amazing learning experience! You are such a patient, kind and knowledgeable teacher and created a safe and fun learning experience. I learned so much over the weekend and came away feeling much more confident about anatomy and excited to continue learning more!! I can't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

Christina Flynn



'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*



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