



# Stretch Teacher Training (TT) Workshop

## Guide Program – five-day format

This program provides an indicative **guide** of sessions across the **five-day** Stretch Teacher Training workshop. Precise timings for, and lengths of, breaks will be determined on a workshop by workshop basis.

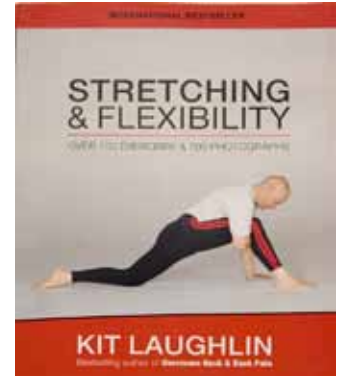
The TT course text is *Stretching & Flexibility*, by Kit Laughlin.

### Pre-requisites for the TT Workshop

Participants are expected to have read *Stretching & Flexibility* prior to the workshop — not just skimmed the pictures!

### DAY I

8:45–9:00	Registration, name-tags, receipts etc.
9:00–10:45	Introduction, outline of workshop, Stretch Therapy (ST) principles, Session 1: first full ST class: 'Daily V' spinal movements, plus two
10:45–11:00	<i>Morning tea</i>
11:00–12:30	Session 2: 'Daily V' exercises in detail (flexion/extension)
12:30–14:00	<i>Lunch; students to use final 30' for book revision</i>
14:00–15:00	Session 3: Lateral flexion, standing and variations
15:00–15:15	<i>Afternoon tea</i>
15:15–16:45	Session 4: floor rotation and hip exercises; chair variations, first neck exercises
16:45–17:30	Debrief/recap of Day I



### DAY II

9:00–10:45	Session 5: second full ST class: spine mobilization, feet, ankles, lower leg, intro. to hamstrings, hip flexor
10:45–11:00	<i>Morning tea</i>
11:00–12:30	Session 6: feet, ankle, calf exercises in detail
12:30–14:00	<i>Lunch; students to use final 30' for book revision</i>
14:00–15:15	Session 7: floor hip flexor, and variations, in detail
15:15–15:30	<i>Afternoon tea</i>
15:30–16:30	Session 8: floor bent-leg hamstring intro.
16:30–17:30	Debrief/recap of Day II and Stage I

### DAY III

9:00–10:45	Session 9: third full ST class: shoulders and upper back
10:45–11:00	<i>Morning tea</i>
11:00–12:30	Session 10: shoulder exercises: internal and external rotator cuff, flexion, extension, combination chest, biceps, and pec. minor
12:30–14:00	<i>Lunch; students to use final 30' to prepare for teaching session</i>
14:00–15:30	Session 11: teaching session*
15:30–15:45	<i>Afternoon tea</i>
15:45–17:00	Session 12: hip flexors; quads; upper back extension over supports, wall variations
17:00–17:30	Debrief/recap of Day III



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### DAY IV

9:00–10:45	Session 13: fourth full ST class: hip abduction, internal rotation, hip flexors and quadriceps
10:45–11:00	<i>Morning tea</i>
11:00–12:30	Session 14: supported legs apart exercises in detail
12:30–14:00	<i>Lunch; students to use final 30' to prepare for teaching session</i>
14:00–15:30	Session 15: teaching session*
15:30–15:45	<i>Afternoon tea</i>
15:45–16:30	Session 16: designing sequences and classes, whole-group exercise
16:30–17:00	Session 17: additional <i>piriformis</i> exercises
17:00–17:30	Relaxation/meditation session

### DAY V

9:00–10:45	Session 18: fifth full ST class: the whole body and remaining neck exercises
10:45–11:00	<i>Morning tea</i>
11:00–12:30	Session 19: combination shoulder exercises
12:30–14:00	<i>Lunch</i>
14:00–15:30	Session 20: <i>The Unnumbered Lesson</i> , including wrists, fingers and hands
15:30–15:45	<i>Afternoon tea</i>
15:45–17:00	Session 21: debrief/recap of Days IV and V and revision from all five days
17:00–17:30	Course wrap-up

#### \* Teaching sessions:

For your teaching and presentation modules, the whole group will be broken down into groups of three (or four) persons. Each person in the small groups will present, in turn; the other two members will model, and assist, respectively. When the whole group does the presented exercise (the next stage in the process) the model and the assistant will work with members of the whole group, again assisting and correcting form.

In this way, all attendees will have the opportunity to present an exercise to the whole group; to model an exercise; and to correct form in an exercise. This process teaches all the essential skills: presentation (voice, content, projection, timing), exercise form (alignment, intensity, timing of contractions and final position), and how to be a good partner (form, tactile cues, alignment, reassurance and other non-verbal skills).