



Stretch Teacher Training (TT) Workshop

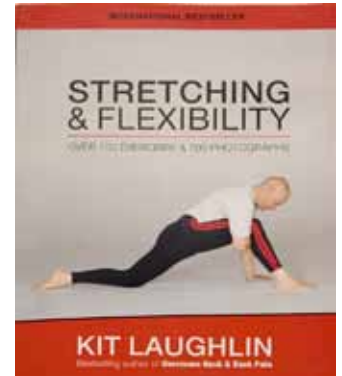
Guide Program – six-day format

This program provides an indicative **guide** of sessions across the **six-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 read *Stretching & Flexibility* prior to the workshop — not just skimmed the pictures!



DAY I

- 9:15–9:30 Registration, name-tags, receipts etc.
- 9:30–11:15 Introduction, outline of workshop, Stretch Therapy (ST) principles, Session 1: first full ST class: 'Daily V' spinal movements, plus two; intro. to lunge (bent-leg hamstrings)
- 11:15–11:30 *Morning tea*
- 11:30–12:45 Session 2: floor bent-leg hamstring
- 12:45–14:15 *Lunch; students to use final 30' for book revision*
- 14:15–15:00 Session 3: 'Daily V' exercises in detail (flexion/extension)
- 15:00–15:45 Session 4: Lateral flexion, standing and variations
- 15:45–16:00 *Afternoon tea*
- 16:00–17:00 Session 5: floor rotation and hip exercises; chair variations, first neck exercises

DAY II

- 9:30–11:15 Session 6: second full ST class: spine mobilization, feet, ankles, lower leg, hip flexor
- 11:15–11:30 *Morning tea*
- 11:30–12:30 Session 7: feet, ankle, calf exercises in detail
- 12.30–13:00 Relaxation/meditation session
- 13:00–14:30 *Lunch; students to use final 30' for book revision*
- 14:30–15:45 Session 8: floor hip flexor, and variations, in detail
- 15:45–16:00 *Afternoon tea*
- 16:00–17:00 Session 9: first shoulder exercises (middle deltoid, *supraspinatus*); neck lateral flexion

DAY III

- 9:30–11:15 Session 10: third full ST class: shoulders and upper back
- 11:15–11:30 *Morning tea*
- 11:30–13:00 Session 11: shoulder exercises: internal and external rotator cuff, flexion, extension, combination chest, biceps, and pec. minor
- 13:00–14:30 *Lunch; students to use final 30' to prepare for teaching sessions*
- 14:30–15:45 Session 12: teaching session*
- 15:45–16:00 *Afternoon tea*
- 16:00–16:45 Session 13: quads; upper back extension over supports, wall variations
- 16:45–17:00 Debrief/recap of Stage I



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DAY IV

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

DAY V

9:30–11:15	Session 18: fifth full ST class: the whole body, hip flexors and quadriceps
11:15–11:30	<i>Morning tea</i>
11:30–12:30	Session 19: additional <i>piriformis</i> exercises
12:30–14:00	<i>Lunch</i>
14:00–15:00	Session 20: combination shoulder exercises
15:00–15:45	Session 21: wrists, fingers and hands
15:45–16:00	<i>Afternoon tea</i>
16:00–17:00	Session 22: remaining neck exercises

DAY VI

9:30–11:15	Session 23: sixth full ST class: <i>The Unnumbered Lesson</i>
11:15–11:30	<i>Morning tea</i>
11:30–13:00	Session 24: revision
13:00–14:30	<i>Lunch; students to use final 30' to prepare for teaching session</i>
14:30–16:00	Session 25: teaching session*
16:00–16:15	<i>Afternoon tea</i>
16:15–17:00	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).