



Stretch Teacher Training (TT) Workshop

Vancouver, May 2010

DESCRIPTION

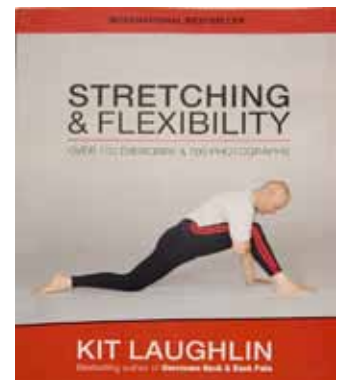
The five-day **Stretch Teacher Training (TT)** workshop is presented by **Kit Laughlin** and is based on Kit's book *Stretching & Flexibility*. The workshop is designed for people who want to be able to teach stretching exercise classes.

In this workshop, attendees will learn safe and effective techniques for reducing muscle tension, redressing muscular asymmetries, and improving overall flexibility, using a variety of novel solo and partner-based stretches for the whole body. You will learn how to 'back- and forward-engineer' any pose to suit individuals in your classes and will also learn how to assemble collections of exercises to make exciting and effective classes.

You will be able to apply techniques **suitable for every body** immediately, from rehabilitation to performance enhancement.

TT training comprises **two sessions**: Session I – 2 days, Session II – three days.

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



PRE-REQUISITES

Participants are expected to read *Stretching & Flexibility* prior to the workshop.

PRESENTER

Kit Laughlin is a world authority in stretching and strengthening techniques. He is the author of the best-selling books *Overcome Neck & Back Pain*, *Stretching & Flexibility*, and *Stretching & Pregnancy*. Kit has presented workshops to over 3,000 individuals worldwide and is a strength and flexibility consultant to elite teams and athletes. He studied Oriental medicine and Shiatsu massage for three years in Japan and founded the Shoshin Centre in Canberra, Australia, where he assists clients to overcome pain related to muscular and skeletal asymmetries.

Please visit www.KitLaughlin.com for more details.

VANCOUVER 2009 — DETAILS

Dates

Session I: Saturday 22 and Sunday 23 May

Session II: Friday 28, Saturday 29 and Sunday 30 May

Times

9.00 am to 5.30 pm each day

Venue

Westcan Pilates Inc Studio (see www.pilatesinc.ca)
#203–828 Harbourside Drive, North Vancouver, V7P 3R9
Email: wcpilates@shaw.ca Phone: 604-984-6863

Cost (all prices are in Canadian dollars)

Session I: \$599 + GST Session II: \$699 + GST Both sessions: \$1149 + GST

Registration before 22 February 2010: \$999 + GST

Registration after 5 April 2010: \$1300 + GST

For participants repeating both sessions (limited to five/workshop): \$900 + GST

NEED MORE INFORMATION?

See www.KitLaughlin.com

Contact

Linda Winterton at

Westcan Pilates Inc

Phone: 604-984-6863

Email: wcpilates@shaw.ca



Stretch Teacher Training (TT) Workshop

Outline

Principles of the stretching approach

The approach draws on a number of bodywork disciplines and features many novel techniques, including the use of 'partial poses' to focus on a single joint, contract-relax (C-R) and other neural techniques to enhance flexibility, and partner-assisted exercises. You will learn techniques to increase your awareness of what is happening in the body and to increase the range of movement of the body's joints and muscles by effective re-mapping of the brain's image of its capacities.

Exercises for the back and torso

You will learn solo and practitioner-applied stretches for flexion and extension of the spine, whole spine rotation, lateral flexion and *quadratus lumborum*. We will cover key torso strengthening exercises and will focus on left-right comparison of muscular function.

Exercises for the middle back, upper back, shoulder and neck

You will learn stretches and strengthening techniques for the middle back, upper back and neck (e.g. paravertebrals, upper and middle trapezius, *levator scapulae*, scalenes, sub-occipitals). We will cover exercises to correct rotator cuff imbalances and rounded shoulders targeting, for example, *biceps brachii* and *pectoralis minor*.

Exercises for the hips and lower limbs

You will learn novel exercises for the hip flexors, *piriformis*, glutes, hamstrings, calves, quadriceps and feet. The role of the external hip rotators and adductors in ankle pronation will be addressed.

Exercises for the arm, wrist and hand

We will cover a comprehensive series of stretches for the arm, wrist and hand, including exercises for *brachioradialis*, and flexors and extensors of the hands and fingers.

"I learned how much I really didn't know about stretching. After all the controversy and lack of definitiveness in the fitness industry on stretching as a physical benefit and necessity, I was grateful to finally have found an answer to many aspects of physical performance and correction as they relate to muscles tension."

Eryn Krieger (Pilates and Yoga instructor)



Best forward bend



Following *piriformis* and calf muscle stretches



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REGISTER NOW!

Use this form to send in your registration by mail. Please PRINT CLEARLY.

FIRST NAME _____ LAST NAME _____

ADDRESS _____

CITY _____ PROVINCE/STATE _____ POSTAL CODE _____

PHONE H _____ W _____ M _____

EMAIL _____ Registration confirmation will be sent via email.

REGISTRATION FEES

all prices are in Canadian dollars

- \$599 + GST Session I only: Saturday 22 and Sunday 23 May
- \$699 + GST Session II only: Friday 28 to Sunday 30 May
- \$1149 + GST Sessions I and II: regular registration
- \$999 + GST Sessions I and II: registration before 22 February 2010 (early bird)
- \$1300 + GST Sessions I and II: registration after 5 April 2010
- \$900 + GST Sessions I and II: repeating participants, limited to five/workshop
- \$75 x _____ rebate for each referral of new participants at the time of registration

Full participants: 4-monthly payment plan, sent in advance and postdated for 1st of Feb, Mar, Apr, May 2010

- Repeat: \$240/month
- Early bird: \$266/month
- Regular: \$305/month

PAYMENT DETAILS

- Visa
 - Mastercard
 - Cheque *
- * Please make cheques payable to Westcan Pilates Inc.

Credit Card Number

Expiry Date

Cardholder's Name

Cardholder's Signature

Return this form, with payment, to:

Westcan Pilates Inc.
#203-828 Harbourside Drive
North Vancouver, BC, V7P 3R9
Email: wcpilates@shaw.ca
Phone: 604-984-6863

Refunds and withdrawals

- Participants who wish to withdraw more than eight weeks prior to the scheduled date will receive a full refund of money paid, minus a CA \$500 administration charge unless you transfer registration to another participant.
- There will be no refund on withdrawal from a workshop if notification is received less than eight weeks prior to the scheduled commencement date.
- A full refund will be given if the course is cancelled.