

2010 Teacher Training Program



Dear Prospective Pilates Instructor,
 Core Conditioning & Balanced Body University would like to inform you of our 2010 **Teacher Training Program**. It will begin on Friday, March 12th, 2010 at our Studio City location. The program will be conducted in a series of weekend intensives on the following dates:

Mat 1 (16 hours)	Friday, March 12	5:00pm-9:00pm
Fundamental anatomy included**	Saturday, March 13	11:30am-6:30pm
	Sunday, March 14	9:30am-4:30pm
Reformer 1 & Movement Principles (16 hours)	Friday, April 16	5:00pm-9:00pm
	Saturday, April 17	11:30am-6:30pm
	Sunday, April 18	9:30am-4:30pm
Mat 2 (16 hours)	Friday, May 14	5:00pm-9:00pm
	Saturday, May 15	11:30am-6:30pm
	Sunday, May 16	9:30am-4:30pm
Reformer 2 (16 hours)	Friday, June 11	5:00pm-9:00pm
	Saturday, June 12	11:30am-6:30pm
	Sunday, June 13	9:30am-4:30pm
Reformer 3 (16 hours)	Friday, July 30	5:00pm-9:00pm
	Saturday, July 31	11:30am-6:30pm
	Sunday, Aug 1	9:30am-4:30pm
Trapeze Table (18 hours)	Friday, Nov 19	5:00pm-9:00pm
	Saturday, Nov 20	11:30am-7:30pm
	Sunday, Nov 21	9:30 am-5:30pm
Chair/ Barrels (18 hours)	Friday, TBD Jan 2011	5:00pm-9:00pm
	Saturday, TBD Jan 2011	11:30am-7:30pm
	Sunday, TBD 2011	9:30am-5:30pm
Special Conditions Workshop (18 hours)	Friday, TBD Feb 2011	5:00pm-9:00pm
	Saturday, TBD Feb 2011	11:30am-7:30pm
	Sunday, TBD 2011	9:30am-5:30pm

Additional modules available:

Mat 1 (16 hours)	Friday, Aug 20	5:00pm-9:00pm
Fundamental anatomy included**	Saturday, Aug 21	11:30am-6:30pm
	Sunday, Aug 22	9:30am-4:30pm
Reformer 1 (16 hours)	Friday, Sept 17	5:00pm-9:00pm
	Saturday, Sept 18	11:30am-6:30pm
	Sunday, Sept 19	9:30am-4:30pm
Mat 2 (16 hours)	Friday, Oct 8	5:00pm-9:00pm
	Saturday, Oct 9	11:30am-6:30pm
	Sunday, Oct 10	9:30am-4:30pm
Reformer 2 (16 hours)	Friday, Oct 29	5:00pm-9:00pm
	Saturday, Oct 30	11:30am-6:30pm
	Sunday, Oct 31	9:30am-4:30pm
Reformer 3 (16 hours)	Friday, Dec 10	5:00pm-9:00pm
	Saturday, Dec 11	11:30am-6:30pm
	Sunday, Dec 12	9:30am-4:30pm

Fees and Course Requirements

Core Conditioning's Comprehensive Teacher Training course, conducted in association with Balanced Body University, includes certification in Mat, Reformer, Chair/Barrel, and Trapeze/Cadillac. In addition, Core offers two modules not found in other comprehensive Pilates certification programs: *Special Conditions* and *Mastering the Art of Pilates Program Design*. Registration and fees for all modules, manuals, and final exams are available online at <http://bbu.pilates.com/>.

Each of the Teacher Training modules can also be taken individually or as short courses (i.e. students may choose to certify in Mat by taking the Mat 1 module and the Mat 2 module). Students choosing this option should also sign up through the Balanced Body University website at <http://bbu.pilates.com/>.

Manual prices vary from \$59.95 to \$74.95 per module, and eight of the nine modules require them. Most may be purchased from Balanced Body at the time of registration, except the *Special Conditions* manual which is available through Core Conditioning. *Please note:* the cost of manuals is in addition to course fees.

Core Conditioning's Comprehensive Teacher Training program includes a formal lecture series and an apprenticeship. A comprehensive certificate of completion is awarded to those who complete the entire comprehensive course, including a minimum of 152 hours of formal lectures and 305 hours of apprenticeship, and pass both the written and practical exams.

Students will be offered a discounted price on all Pilates sessions taken at Core Conditioning while participating in the lecture series. This remains in effect until 3 months after the written exam is taken in order to help you financially as you work to complete your apprenticeship hours.

We require that 40 of your Self-Practice hours be in the form of group classes, private sessions, duos or equipment classes taught by a comprehensively trained teacher at Core or at an approved facility.

Core Conditioning Student Rates (remain in effect for 3 months after final exam):

	<i>Enrolled in Comprehensive Course*</i>	<i>Not Enrolled in Comprehensive Course</i>
• Private classes (reg. \$75)	\$55 (\$75.00 with education staff)	\$65 (\$75.00 with education staff)
• Duo classes (reg. \$45)	\$35 (\$45.00 with education staff)	\$40 (\$45.00 with education staff)
• Equipment classes (reg. \$28)	\$20	\$25
• Mat classes (reg. \$18)	\$10	\$15

** Rates available only when
Comprehensive Course begins in August*



Physical Therapy
Pilates
Gyrotonic™

Core Conditioning Assumption of Risk Agreement

Name: _____

Who can we thank for your referral? _____

Address: _____

City: _____

State: _____

Zip: _____

Phone: _____

Email: _____

Date of Birth: _____

I _____ wish to participate in a fitness program, which will be designed and administered by the staff at **Core Conditioning** based upon what they, in their professional judgment, think is appropriate. I understand that my participation in this program is voluntary, and that I am free to deny consent at any time.

It is my desire to participate in the exercise program offered by **Core Conditioning** and it is with full appreciation of the various hazards and risks associated with this work that I do so. I understand that there is a risk of certain unpredictable changes and physical responses that can occur during or following an exercise session.

In light of these potential risks, I understand that it is important for me to inform the staff of **Core Conditioning** of all physical limitations and prior medical conditions which may affect my participation in this exercise program or which may be affected by my participation.

Below, I list all medical conditions and injuries, which may affect my participation, as well as the doctors who treated or are continuing to treat me.

I ACKNOWLEDGE AND UNDERSTAND THAT I SHOULD STOP EXERCISING IMMEDIATELY IF I DETECT DISCOMFORT OF ANY SORT DURING THE COURSE OF THIS EXERCISE PROGRAM.

I agree to give up any rights that I may have against **Core Conditioning** or any of its staff members in connection with any injuries and damages that I might receive as a result of my participation in this program.

I UNDERSTAND THAT THERE IS A 24HR CANCELLATION POLICY FOR ALL APPOINTMENTS MADE WITH Core Conditioning AND THAT I AM FINANCIALLY RESPONSIBLE FOR FULL PAYMENT IN THE EVENT THAT I CANCEL WITHOUT 24 HRS NOTICE.

Please list medical conditions and/or Injuries:

Signature: _____ **Date:** _____

12930 Ventura Blvd
Suite Number 226A
Studio City, CA 91604
818-907-0008 phone
818-907-0088 fax

2520 W. Olive Ave
Suite Number 300
Burbank, CA 91505
818-729-9419 phone
818-729-9559 fax

About Our Program

At Core Conditioning, we are dedicated to the continued educational development of Pilates instructors and physical therapists, as well as other healthcare practitioners. We offer exciting and informative workshops throughout the year.

The Core Conditioning faculty has been developing and teaching education programs since 1999 and they have created one of the most comprehensive Pilates Instructor Training programs available. Additionally, the course work is in accordance with the guidelines established by the Pilates Method Alliance (the international non-profit organization dedicated to the maintenance of safety and educational standards in the Pilates profession).

The comprehensive course incorporates applied anatomy, kinesiology, functional body mechanics, and client assessment techniques in addition to the teachings and philosophy of Joseph H. and Clara Pilates. Students learn the principles of Pilates and their relation to the exercises on the Mat and each of the following pieces of equipment: Universal Reformer, Trapeze Table, Wunda Chair, Spine Corrector, Ladder Barrel, Ped-O-Pul and Props. They also receive in-depth instruction in teaching for all levels of difficulty and for all body types.

The curriculum is structured to provide knowledge of the following as related to each exercise:

- Purpose
- Muscular Focus
- Safety and Positioning of Client and Instructor
- Sequence
- Movement Efficiency
- Use of the Breath
- Body Alignment
- Variations and Modifications

The Core Conditioning-trained Pilates teacher will be taught to recognize and understand:

- Muscular Imbalance and Weakness
- Postural Dysfunction
- Body Asymmetries and Alignment Deviation
- Essential Foundations for Client Progression
- Indications and Contra-indications for each exercise
- Basic precautions and Contra-indications for Special Populations
- Individual Program Development

Comprehensive Course Objectives

1. Develop an understanding of the fundamentals and principles of the Pilates method.
2. Learn the tools to instruct a Mat class, equipment class and private session.
3. Safely prepare equipment and instruct clients of varying levels of fitness in a Pilates based workout.
4. Perform a postural assessment and make appropriate exercise selections to enhance a client's fitness experience.
5. Identify the relationships between various musculoskeletal structures of the body.
6. Have an understanding of indications and contraindications for specific injuries or dysfunctions and for other special circumstances (i.e. shoulder dysfunction).

About Our Teachers

Gabrielle Shrier MPT

Gabrielle Shrier graduated with a B.S. in Kinesiology from UCLA and holds a Master's degree in Physical Therapy from USC. She is PMA gold-certified in Pilates and certified in Gyrotonic®. Gabrielle has been practicing Physical Therapy since 1994 and has specialized in the areas of neurologic disorders, orthopedics and woman's health. She is an active member of the APTA. She is NDT certified and has completed a comprehensive course in the Australian approach of manual therapy. She has developed and continues to teach educational programs for health care professionals, integrating Pilates and rehabilitation, both nationally and internationally. She currently teaches a comprehensive teacher training program as a faculty member for Balanced Body University under the tutelage of Nora St. John. She has been co-owner of Core Conditioning since its inception in 2003.

Dawn-Marie Ickes MPT

Dawn-Marie Ickes holds a B.S. in Biology from Loyola Marymount University and a Master's in Physical Therapy from Mount Saint Mary's College. She has been a co-owner of Core Conditioning, an integrated wellness center since its inception in 2003. She is PMA gold-certified in Pilates and served on the board of directors for the Pilates Method Alliance from 2001-2007. Dawn-Marie has been practicing Physical Therapy since 1996 and has specialized in the areas of Pediatrics, Sports Medicine, and Women's Health. She is an active member of the APTA, IADMS, IDEA and has published a chapter in "Orthopedics". She has developed and continues to teach educational programs internationally for Pilates instructors and health care professionals, integrating Pilates and rehabilitation. She currently teaches a comprehensive teacher training program as a faculty member for Balanced Body University and is actively involved with research projects at the University of Southern California and California State University Northridge. She is adjunct faculty in the DPT program at Mount Saint Mary's College. Core Conditioning introduced the first Comprehensive Pilates Teacher Training Course within the Masters of Physical Therapy curriculum at CSUN in 2007 which is now a part of their curriculum. She heads the CSUN Pilates research lab which has recently completed the data collection phase of a study measuring the direct effects of Pilates on balance for individuals with fall predictors. She has been co-owner of Core Conditioning since its inception in 2003.

Allyson L. Cabot PT

Allyson Cabot holds a B.S. in Physical Therapy from CSULB, and a B.S. in Kinesiology from UCLA. She is PMA gold-certified in Pilates and certified in Gyrotonic®. Allyson has been practicing Physical Therapy since 1991 and has specialized in the areas of women's health, dance medicine, mind-body healthcare and CranioSacral therapy. She is an active member of the APTA. She has developed and continues to teach educational programs for health care professionals, integrating Pilates and rehabilitation, both nationally and internationally. She currently teaches a comprehensive teacher training program as a faculty member for Balanced Body University under the tutelage of Nora St. John. She has been co-owner of Core Conditioning since its inception in 2003.

Roger Gonzalez Hibner, CPI

Roger is currently Co-Director of Teacher Training at Core Conditioning in Studio City, CA. He began studying Pilates with Romana Kryzanowska in 1995 and continues his studies with Jay Grimes. He received his comprehensive training from the Pilates Studio, NYC, and is PMA Gold certified. He is currently teaching comprehensive and continuing education courses with Core Conditioning as a faculty member for Balanced Body University under the tutelage of Nora St.

John. Roger has taught master classes at Universities, PMA conferences (in 2005 by invitation) and summer workshops. His clientele includes physical therapists, professional dancers, Pilates teachers and 'normal' people. You can find him in the original series of Winsor Pilates DVDs. Roger moved to LA in 1991 to work with the Lewitzky Dance Company after having lived in New York and performing with the Solomons Company/Dance and the Milton Myers Dance Company. He graduated Summa Cum Laude with a BFA in Dance from the University of Texas in Austin. Before moving to Texas he lived in Mexico, where he was raised.

Cari Riis Stemmler, CPI / CPT

Cari Riis Stemmler is Co-Director of Teacher Training at Core Conditioning in Studio City, CA. Transitioning from her career as a professional dancer, Cari started teaching Pilates in 1997 in Los Angeles, CA. She has been a practitioner of Ashtanga, Hatha and Anusara yoga since 1996. Cari became a Certified Fitness Trainer in 2002 and now brings together the disciplines of dance, Pilates, yoga, and functional training to cultivate a well-rounded approach to fitness and wellness. A PMA Gold certified instructor, Cari currently teaches comprehensive Pilates courses throughout the country as a faculty member for Balanced Body University under the tutelage of Nora St. John. As well, Cari teaches continuing education courses with the fantastic women of Core Conditioning. She holds a B.A. degree in Cross-cultural Communication from the University of Minnesota, and currently resides in Minneapolis, MN.

Kristy Tyler, MPT

Kristy Tyler graduated with a B.S. in Health Science from CSUN and holds a master's degree in Physical Therapy from CSUN. She is currently a physical therapist and Certified Pilates Instructor at Core Conditioning, and is an active member of the education staff, teaching continuing education courses as well as portions of Core's Comprehensive Pilates Teacher Training program. Kristy integrates her knowledge of PT with Pilates to rehabilitate her patients, adding her own personal experiences of sports and fitness. Having been an athlete herself with many injuries, she is able to draw from experience and is able to relate to her patients well in all aspects of rehabilitation. Kristy also practices CranioSacral therapy, integrating it into her physical therapy practice. She has been practicing PT since 2004, is an active member of the APTA since 2001, and is a PMA-certified Pilates instructor.

Elizabeth Myers, CPI / CPT

Elizabeth began studying Pilates in 1997 with Diane Diefenderfer at the University of California, Irvine where she received her B.A. in Dance. She received her comprehensive Pilates training in 2005 through Core Conditioning in Studio City, CA. She is currently teaching and assisting comprehensive and continuing education courses as an educational staff member of Core Conditioning. She has been dancing professionally since 1995 working in all avenues of entertainment including commercials, television, film, industrials and print. She has been fortunate to work with choreographers and companies such as Terry Beeman, Michael Rooney, Marguerite Derricks, Wade Robson, Nike, Disney, Pepsi and Joico. Elizabeth has also completed "Intro to ActivCore" and eagerly awaits the advanced ActivCore training. Elizabeth has a passion for learning and for teaching. She believes in living with an open heart and mind, moving with intention and focus, and giving generously and unconditionally.

About Our Facility

In response to a growing need in the medical community for a fusion of mind-body fitness and rehabilitation, Allyson Cabot, Dawn-Marie Ickes and Gabrielle Shrier have partnered to create Core Conditioning, a comprehensive physical therapy, Pilates and Gyrotonic® facility.

The evolution of Core first began in 1991 when each of the three partners individually realized their passion for movement as a rehabilitative tool. Nine years later, their paths crossed and collaboration for their shared vision began. It was evident to each of the partners (who had similar experiences in their previous clinical practices) that, in order to feel unlimited in their capabilities as therapists and stay true to their beliefs, they would have to create that environment themselves.

In 2003 their vision became a reality. Their first location had minimal Pilates equipment and a small curtained off area for patient treatments. It was small, but provided the framework for what would become Core Conditioning. This space was quickly overflowing because of the needs of local communities for this type of approach to rehabilitation, wellness and fitness. Today, Core Conditioning has two state-of-the-art locations in Burbank and Studio City.

With degrees in Kinesiology and Biology, the partners' collective integration of movement science with rehabilitation has led to the creation of a unique healthcare experience at Core Conditioning. In addition to their offerings in physical therapy, massage, Pilates and Gyrotonic®, Core Conditioning has developed a comprehensive Pilates program, now offered in conjunction with Balanced Body University, to educate Pilates teachers to safely instruct both fitness clients and those with imbalances/injuries.

The partners are all licensed physical therapists with diverse backgrounds including pediatrics, women's health, neurological rehabilitation, osteopathic techniques and dance and sports medicine. They have also taken a special interest in Dance Medicine and have been trained in Dance Rehabilitation with the Harkness Center of Dance Rehabilitation in NYC. They are active members of the International Association of Dance Medicine and are currently conducting research on dancers in conjunction with the Biokinesiology and Physical Therapy Department at USC.

For more information regarding other specialty services offered at Core Conditioning, please visit us on the web at www.coreconditioningpt.com.

For questions about Core Conditioning's Comprehensive Teacher Training Course and individual Pilates Certification Modules, or if you have any questions regarding the information contained within this packet, please contact:

Core Conditioning Physical Therapy, Pilates & Gyrotonic®

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