

Core Studio Pilates and Pilates Physique bring you

Anula Maiberg



• February 8, Core Studio Pilates
4705 Indian Trail Fairview Road Indian Trail, NC
www.corestudiopilates.com

• February 9-10, Pilates Physique
17015 Kenton Drive Cornelius, NC 28031
www.mypilatesphysique.com

February 9 Master Class 8:30am-10:00am

Start your day off properly by attending Anula's master class offering inspiration, creativity and thought provoking moments. Limited to 12 attendees.

Part 1: Mythbusting Your Pilates Practice 10:15am-1:15pm

- How do we define Pilates as a profession?
- Are we teachers of exercises or skills?
- What are the skills we teach in various apparatus exercises?
- Are practitioners of the Pilates Method students or clients? Why is the distinction important?
- Are we teachers or instructors? Why is the distinction important?
- Where did the myth of Pilates being "good for the core" start?
- Can we/should we teach what we cannot personally do? Does it matter?
- Where the original choreography is abstracted to the point of no longer being recognizable. Is it still Pilates? Why the answer is yes and no.

Part 2: Where Should I Be Feeling This? 2:30pm-5:30pm

- Is the question: Where should I be feeling this a question or an accusation? In a yoga class, for ex., it is not common to hear: "what is warrior I for?" but the question is popular in a Pilates studio.
- Are there muscles with more value and muscles with less value when it comes to sensation? Why?
- What is wrong with experiencing mild discomfort? (including some pathology)
- Can we teach the difference between mild discomfort and pain? (including some pathology)
- Are we in charge, in the scope of our profession, to police muscle activation?
- Is success in Pilates solely reliant on sensation felt in the core? Did Mr. Pilates talk about the abdominals in Return to Life?
- Are we over cuing the core and setting our students up to fail if they do not feel what we've asked them to feel? Is the sensation of "burning" the measure of a successful workout?
- Have some exercises been modified to a point where their original purpose is no longer recognizable?

Pilates Mat Class 6:00pm-7:00pm

Join Anula for a fun Pilates class as she teaches you to think outside the box, moving through the Pilates matwork repertoire. Bring your students!

• Master Class \$45

• Take Part 1 or Part 2 for \$150

• Mat Class \$25

• Take it all for \$300!

Earn up to 10 CECs!

Private and Semi-Private Sessions

Private \$95/Semi \$65pp

Friday at Core Studio Pilates info@corestudiopilates.com
Sunday at Pilates Physique pilates_physique@hotmail.com



PILATES PHYSIQUE