



Balanced Body Reformer 1

Balanced Body Education



Learning Objectives

Knowledge of Exercises/Theory	Memorize the correct setup , movement sequence , and execution for the Reformer 1 Exercises.	Gain a basic understanding of anatomical alignment and body placement when practicing and observing Reformer 1 Exercises.	Teach 2 - 3 Pre-Pilates Essentials Exercises that lead into a Reformer 1 Exercise.
Personal Practice	Increase awareness of your body's strengths and areas for improvement through the Reformer 1 Pilates Exercises.	Develop a consistent personal Pilates practice and be able to independently guide yourself through a Reformer 1 workout, performing the exercises to the best of your personal ability and utilizing modifications as needed.	Embody the Reformer 1 Exercises and their related Pre-Pilates Essentials Sequences and identify where to focus personal practice.
Cuing, Coaching and Teaching	Confidently teach and cue the exercise name, equipment setup, and movement sequence for all Reformer 1 exercises before progressing to the next level.	Practice establishing key terms when cuing your classes to familiarize yourself and your clients with key Pre-Pilates Essential Exercises and Pilates Exercise Names .	Cue modifications for osteoporosis and pregnant clients in the Reformer 1 .
Programming, Safety, and Special Populations	Demonstrate proper Reformer setup, adjustment, and spring choice for the Reformer 1 Exercises. Cue another individual to the best of THEIR ability and movement tolerance.	Understand exercise contraindications and modifications for clients with Osteoporosis and Pregnant Clients.	Learn how to verbalize informed consent when teaching individuals or groups. "Is it okay to touch?"



Reformer 1 Student Responsibilities

Student Responsibilities
Attend and Complete 16-Hour Reformer 1 Course
Respectfully Engage in the course by actively participating and collaborating with fellow attendees.
Understand and Practice exercise setup, starting body position, movement sequence, safety protocols, as well as exercise progressions and regressions.
Watch Movement Principles Video: Part 3 - Lower Body Strength and Power and take quiz with a score of 70% or higher.
Complete the course quiz with a score of 70% or higher.

Recommended Practice and Teaching Expectations prior to Mat 2 or Reformer 2		
Minimum of 10-hours of personal practice	Minimum of 10-hours of observation hours	Minimum of 10-hours of teaching hours
• <i><u>Personal Practice</u> consists of you practicing on your own or in group class or private training session.</i> • <i>Up to 50% of your <u>observation hours</u> may be taken on-line, with a preference of a Balanced Body Teacher.</i> • <i><u>Teaching Hours</u> may be through teaching friends or family or may be a paid position through a studio or gym.</i>		
Lesson Planning – work on developing beginning level reformer classes that include building blocks for regressions and progressions. Aim to incorporate suggestions for pregnancy and/or osteoporosis.		

**Getting in the habit of keeping up with your required hours will go a long way to accelerating your learning process, enhancing your in-class experience, and developing your confidence to teach.*

**Practice is ESSENTIAL to your success. You chose this work because of its impact on you, as you learn to teach, do not forget to cherish your personal practice.*



Educator and Company Responsibilities

Educator Responsibilities
Complete all course material as outlined in the Hour by Hour within the time frame of the course.
Provide students with learning and integration opportunities including breakouts and teach backs throughout the course.
Lead the class through a verbal and practical experience of basic anatomy and biomechanics.
Teach movement sequences, safety protocols , setup, progressions and regressions, precautions, and contraindications for all exercises.
Assess and provide feedback on student participation, teaching, exercise application, movement skills, and practice as it relates to breakouts and teach-backs.

Balanced Body Education Responsibilities
Provide you with timely and respectful service.
Answer questions and provide opportunities and suggestions for future growth.
Update and supply you with exceptional resources that are designed to amplify your learning process.
Adhere to our values of respect, accessibility, empowerment, courage and connection as we offer our education products, train Educators and support your personal Pilates journey.
Provide you with ongoing professional development opportunities



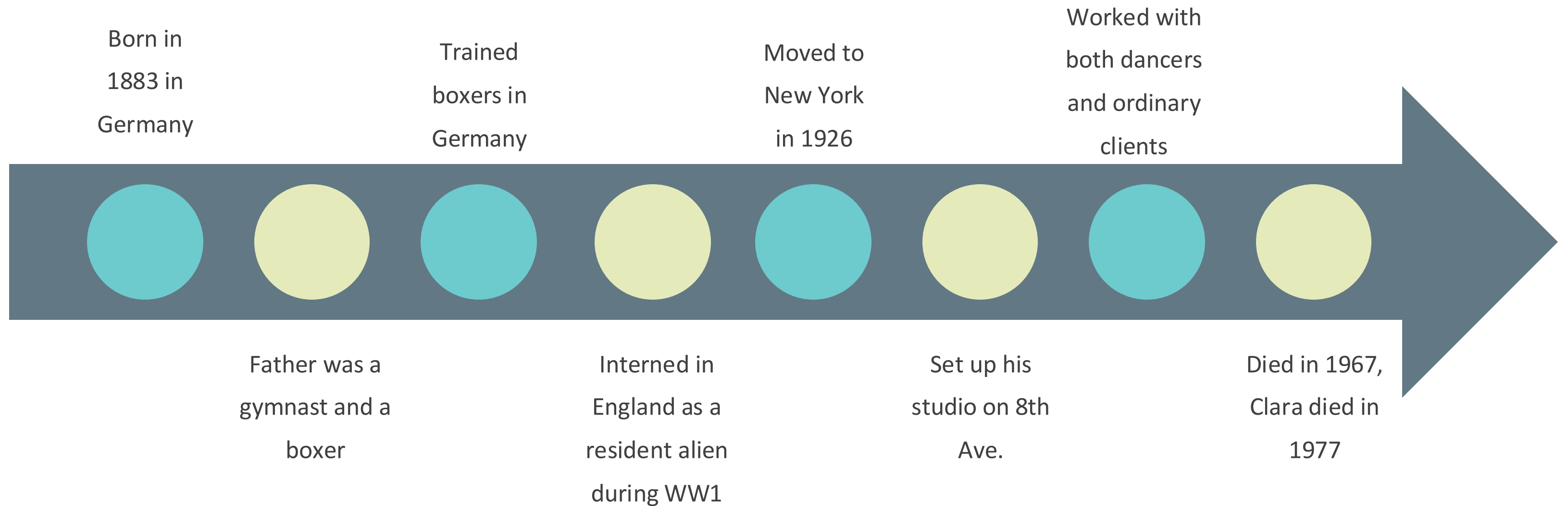
Pilates: The Art and Science of Contrology

“Through Contrology, you first purposefully acquire complete control of your own body and then, through proper repetition of its exercises, you gradually and progressively acquire that natural rhythm and coordination associated with all your mental and subconscious activities. Contrology is designed to give you suppleness, natural grace, and skill that will be unmistakably reflected in the way you walk, play, and work. You will develop muscular power with corresponding endurance, ability to perform arduous duties, to play strenuous games, to walk, run or travel for long distances without undue body fatigue or mental strain.”

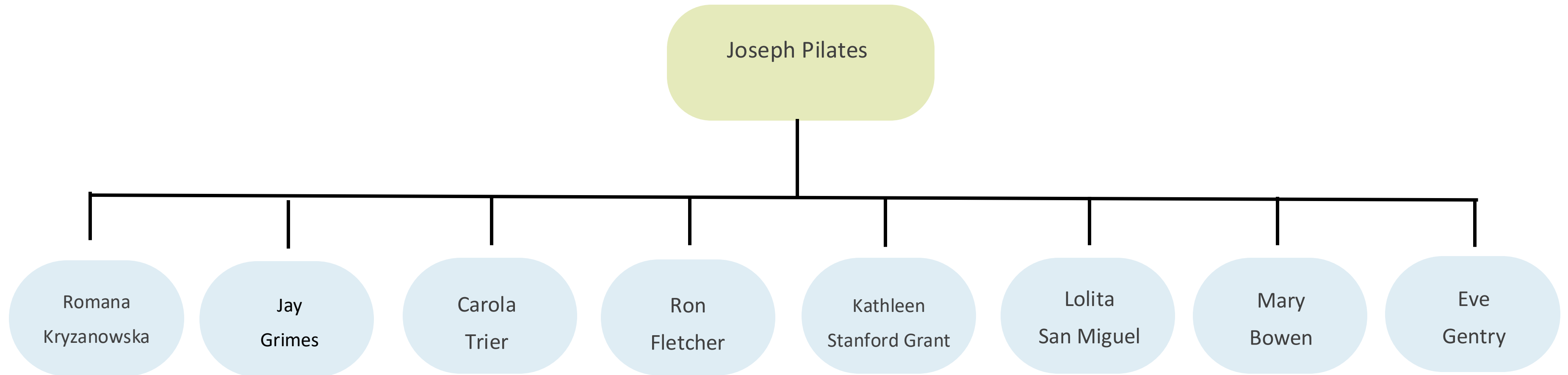
— Joseph H. Pilates



A Brief History of Joseph Pilates



The Pilates Family Tree



All of these teachers studied with Joseph Pilates and taught his work to the next generation.

Without their dedication, the Pilates Method would not have survived.



The Balanced Body Lineage

1st Generation

Ron Fletcher, Eve Gentry,
Romana Kryzanowska,
Carola Trier, Lolita San
Miguel and Kathy Grant

2nd Generation

Michelle Larson, Alan
Herdman, Jean Claude
West, Marie-Jose Blom,
Karen Clippinger and
Elizabeth Larkam

The Pilates teachers,
physiotherapists, doctors
and patients at St. Francis
Memorial Hospital Center
for Sports Medicine,
Dance Medicine Division

Nora St. John - Creator
and developer of the
Balanced Body
curriculum



Our Fearless Leader



Ken
Endelman
CEO, RNG (really
nice guy)

1975

From Water Bed's Reformers

Ken builds water beds in Hollywood as Liquid Sleep Interiors. Who Didn't have a Waterbed in the 70s? A customer, Is a Bohn, asks him to build a piece of equipment for her called a Reformer. (Ken's response: "A what?") He agrees.

And we're off!

2000

Trademark Lawsuit

U.S. District Court Judge Miriam Cedarbaum ruled that the Pilates trademarks were invalid. Ken Endelman claimed victory not only for his company, but also for thousands of Pilates instructors and the public. "The public benefits from this decision," Endelman said, "because now it will be easier to locate studios which, until now, have been prevented from saying that they teach Pilates.

Allegro 1 debuts and its success pays for lawsuit!

2011

Allegro 2 is Born

In collaboration with design firm IDEO the innovative and beautiful Allegro 2 comes to market!

Stay Tuned...much more to come!



Balanced Body Education

What We Value



A Pilates Paradigm from the Inside Out



Pilates is a **Client Centered** Approach

Led by certified, **Qualified Instructors**

Can be taught on the **Mat** or **Specialty Equipment**

Can be taught in **Clinics, Fitness Facilities, or Studios**

Inspired by Contrology

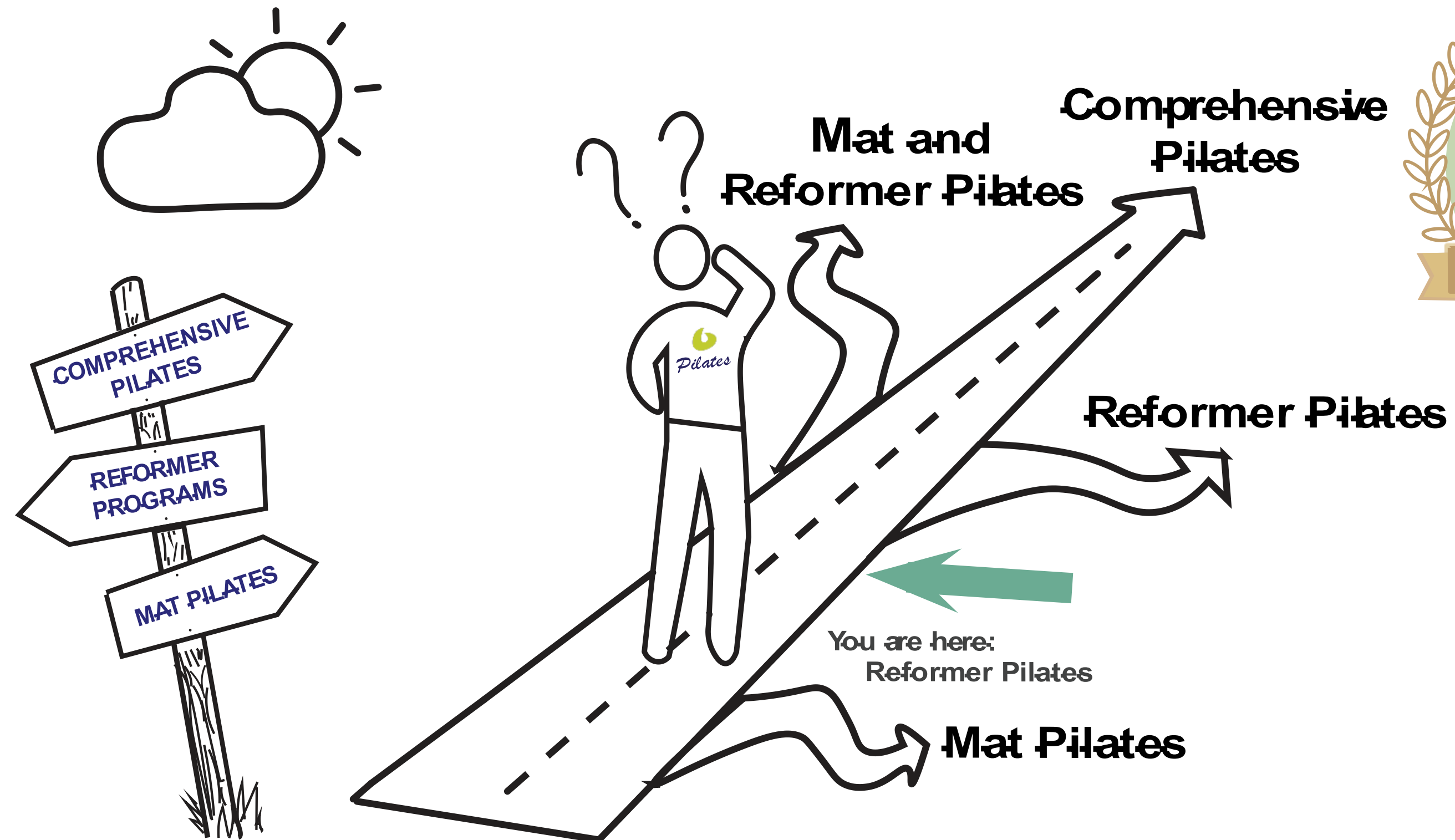
Encourages **Embodiment** and **Awareness**

Allows for **Personal Experience** and **Physical Adaptations**

Whole Body method which teaches **Healthy, Mindful** movement patterns.



Balanced Body Instructor Path



Balanced Body Pilates

Teacher Training Program



Comprehensive Training

Completion of all Course Work

Movement Principles, Mat 1, 2 and 3, Reformer 1, 2 and 3, and Apparatus Anatomy (at least 12 hours - BB or comparable)

Practice hours

Personal Sessions: 2

Mat and Reformer Training

Completion of all Mat and Reformer Course Work

Movement Principles, Mat 1, 2 and 3, Reformer 1, 2 and 3
Anatomy (at least 12 hours - BB or comparable)

Practice hours

Personal Sessions:</

Reformer Training

Completion of all Reformer Course Work

Movement Principles, Reformer 1, 2 and 3
Anatomy (at least 12 hours - BB or comparable)

Practice hours

Personal Sessions: 30 Reformer

Mat Training

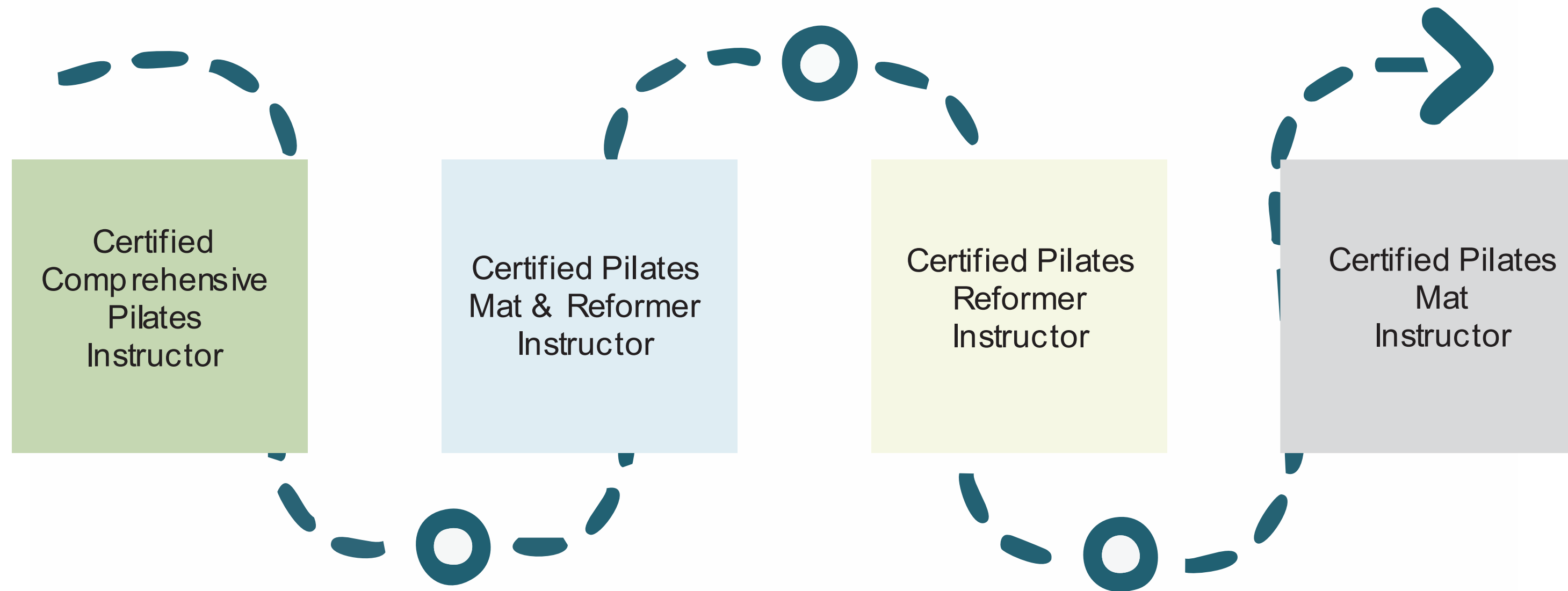
Completion of all Mat Course Work

Movement Principles, Mat 1, 2 and 3
Anatomy (at least 12 hours - BB or comparable) is highly recommended

Practice hours

Personal Sessions: 20 Mat

Balanced Body Pilates Instructor Pathways





CLARA

Your New Student Resource

Clara Pilates

The quiet strength behind the method

Reformer 1 Requirements for Course Completion

- Watch Movement Principles Module 3_Lower Body and answer Movement Principles questions
- Read Pregnancy and Osteoporosis lecture and answer questions
- Take the online Reformer 1 course quiz



Balanced Body Reformer 1

Anatomy of a Reformer & Reformer Safety

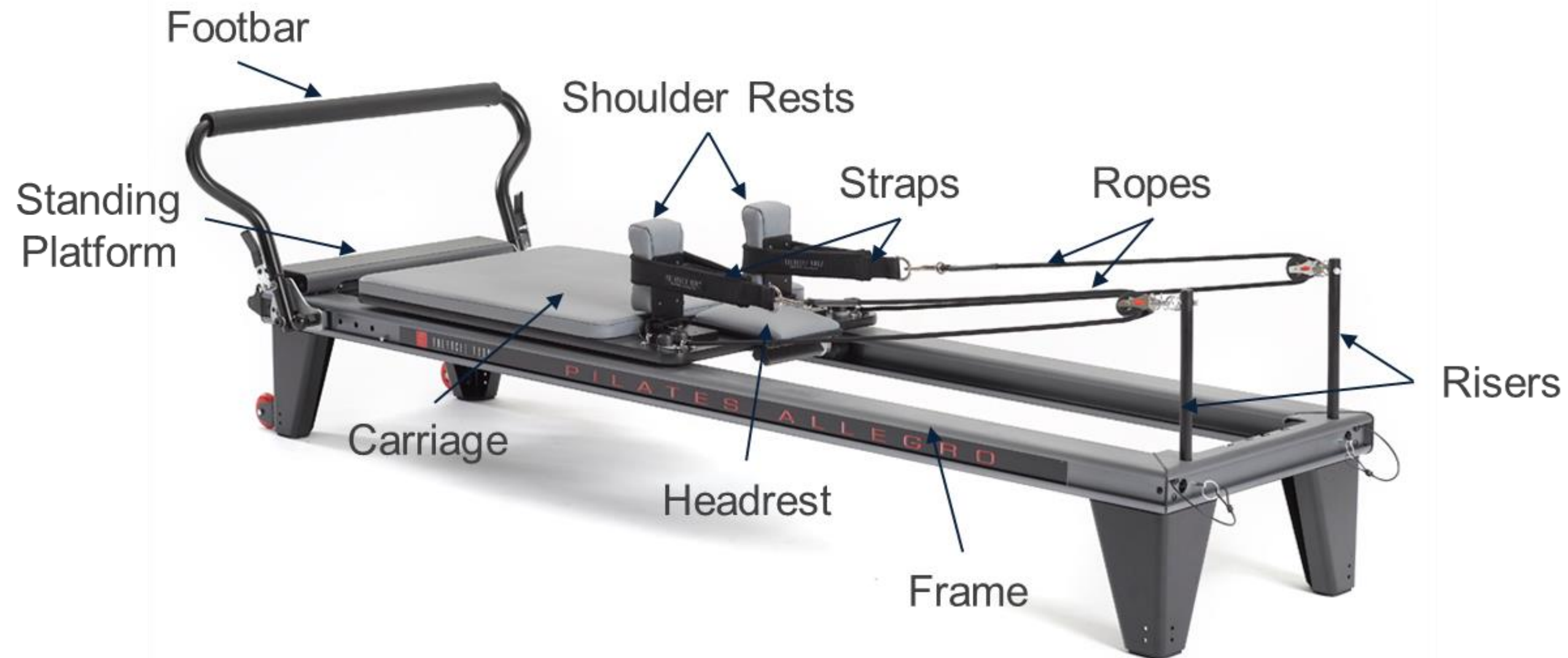


Reformer Introduction

Allegro 1



Reformer Introduction



Reformer Safety

Balance

Exercise: The client must always maintain balance when on the Reformer.

Equipment: If client balance is in anyway compromised, either regress the exercise, modify body position, or choose another exercise.

Coordination

Exercise: Coordination of movement is essential to skill learning and development.

Equipment: Coordination of movement between the body and the equipment is essential to maintain balance and control. (i.e. Side Splits)

Control

Exercise: As a Pilates Principle, control is a primary ingredient of all Pilates exercises.

Equipment: Client must always move in a controlled manner when on the equipment. Client attention to the surroundings must be taught.

When setting the footbar, the straps, or placing the box on the carriage...ALWAYS...

Set it

Check it

Go!



Balanced Body Reformer 1

Pre-Pilates Exercises, the Essentials



Reformer 1 Instructor Training

Reformer 1 Introduces the Foundational Pilates exercises on the Reformer

Exercises Include:

- Footwork
- Bridging / Pelvic Lift
- Feet in Straps
- Supine Arms
- The 100s
- Knee Stretch

Exercise Group 1

Setting the Intention

Footwork

Bridging and Pelvic Lift

Feet in Straps

Supine Arms

The Hundred



Skill Building:
What does neutral
pelvis mean
anyway?

Skill Building Exploration

Relative Neutral



Footwork

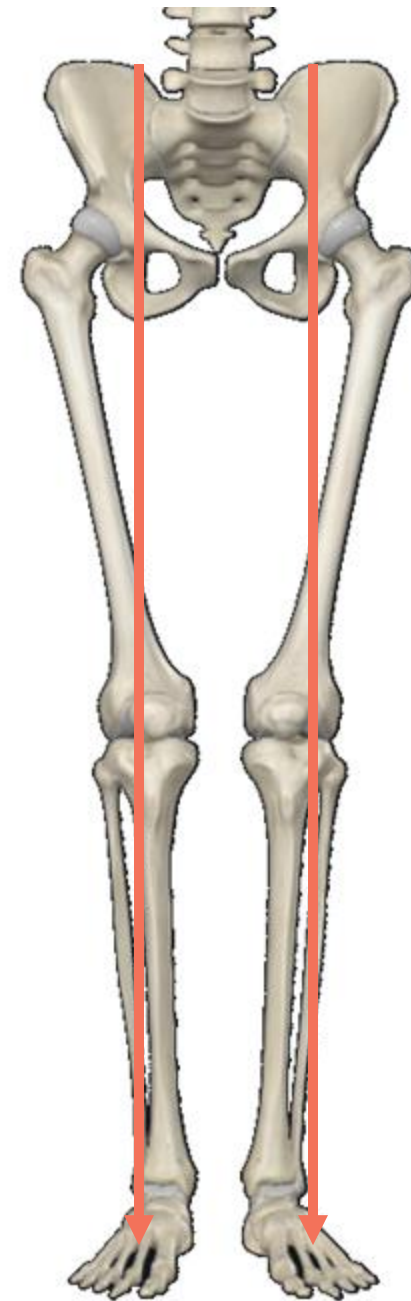
Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
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Pelvic Clock

The Hundred

Training the Lower Body

Leg Alignment



Feet in Straps

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer Exercises
Pelvic Clock	Single Leg Circles	Footwork
Finger-Tip Abdominals		Bridging/Pelvic Lift
Femur Folds		
Diagonal Press		

Supine Arms

Pre-Pilates Essentials	Related Mat Exercises	Related Reformer
Pelvic Clock	100 Prep	Footwork
Finger-Tip Abdominals		Bridging/Pelvic Lift
Femur Folds		Feet in Straps
Rib Cage Arms/ Arm Rotations		

Exercise Group 2

Building Skills

Kneeling Abdominals Facing Front

Kneeling Abdominals Facing Back

Knee Stretches

Group 3

Challenging the Skills

Arm Work Facing Front

Short Box Abdominals

Overhead Press, Swan

