



# Mat Workshops with Shan

## Symmetry in Motion: Unilateral Mat Exercises for Improved Strength and Balance-3 hour

- **Explore the Theory of Unilateral Training:** Delve into the theories and principles behind unilateral training in Pilates, including Bilateral Deficit and Cross Educational Theory. Gain a comprehensive understanding of how unilateral exercises can enhance muscle balance, correct imbalances, and improve overall body stability and coordination.
- **Amplify Core Engagement and Stability:** Learn effective techniques to activate and strengthen core muscles by integrating unilateral exercises on the Reformer. Discover how these movements challenge stability and proprioception, helping your clients achieve a more balanced, resilient body. Explore which planes of movement are most advantageous for unilateral training.
- **Injury Prevention and Rehabilitation:** Discover the significant role of unilateral training in preventing injuries and facilitating rehabilitation. Acquire valuable skills to support your clients on their recovery journey, helping them regain strength and function safely.
- **Creative Solutions for Imbalances:** Gain unique insights and practical solutions to address muscle imbalances in your clients. Develop strategies to heighten awareness of imbalances and implement targeted exercises that promote a balanced body.



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## Mat Flow and Transitions: Creating Seamless Movement in Mat Classes- 90mins

- **Smooth and Seamless Transitions:** Discover the art of creating smooth transitions between exercises, allowing your clients to experience a continuous flow throughout the entire Pilates mat class. Learn techniques to seamlessly connect movements, enhancing the overall fluidity and grace of your sessions.
- **Breath Coordination and Sequencing:** Dive into the importance of breath coordination and its impact on the effectiveness of Pilates exercises. Explore how proper sequencing and rhythm can create a cohesive, engaging class experience, facilitating a better mind-body connection for both you and your clients.
- **Modifications for All Levels:** Explore modifications and progressions tailored to participants at different levels, catering to both beginners and more advanced practitioners. Gain a comprehensive understanding of how to adapt exercises to accommodate injuries, limitations, and varying abilities while still maintaining the flow and integrity of the class.
- **Creative Adaptations:** Unleash your creativity by discovering innovative ways to modify and adapt traditional Pilates exercises. Learn how to challenge experienced participants with advanced progressions while providing accessible variations for those new to Pilates.
- **Hands-on Practice and Interactive Discussions:** Engage in hands-on practice and interactive discussions with fellow Pilates teachers. Share experiences, exchange ideas, and receive personalized feedback and guidance from experienced instructors to refine your teaching skills.

## Closing the Kinetic Chain on the Mat: Finding Deeper Connections Using the Wall & Pilates Circle- 90 mins

Closing the kinetic chain on the mat, especially with props like the wall and the Pilates Circle, is a powerful way to enhance stability, strength, and mind-body connection. Closed Kinetic Chain (CKC) exercises are considered "functional" because they mimic the way we move in daily life—where our hands and feet are typically fixed against the ground or an object (like a wall, door, or step). By closing the chain on the mat with props, you are not just strengthening muscles; you are improving the sequencing and coordination of multiple muscles and joints, making the total movement more efficient.