

Dr. Andromeda Stevens Chiropractic, Inc.



the
Scoliosis Coach

Cutting Edge Scoliosis Workshops and Certificate Program

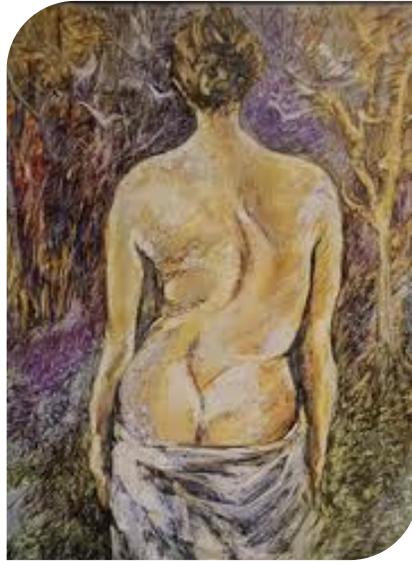


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Welcome to the Scoliosis Coach

Introduction

Thank you for your interest in the Scoliosis Coach. In an industry flooded with scoliosis information, this program harnesses not only one of the most profoundly effective scoliosis treatment systems ever developed by Katherina Schroth, but the added benefit of the extensive rehabilitative aspects of the work of Joseph Pilates. These methods, combined with years of experience of Dr. Andromeda Stevens, D.C. constitute a powerful program. The importance of quality instruction, well rounded, cutting edge training and good credentials cannot be ignored in today's complex scoliosis treatment landscape. When one of your clients asks you about their scoliosis, will you know what to do? We will learn how to asses a client and understand what is happening. This workshop will discuss several types scoliosis and the causes. Information of treatments, bracing, surgery and post surgery Pilates. When to refer that client or when to avoid certain activities. Then we will apply Pilates movements. You will leave with a new confidence for when your client says: "I have scoliosis" or "Can you teach me a Pilates program to help my scoliosis?" Completion of the Level II program will qualify you as a certificate holder as a Scoliosis Specialized Pilates Instructor. This course includes a one year license as an instructor with a website listing with us and access to the instructor digital portal for a vast library of exercise videos and tutorials.

This brochure will provide you with information on our workshops, certification program and more. If you have any further questions or concerns we invite you to contact us.

Best Wishes,

Dr. Andromeda Stevens Chiropractic, Inc.
Schroth Best Practice® Level II Certified,
Nationally Certified Pilates Teacher,
Co-Founder / Director Pilates Sports Center, Inc.
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Cell: 818 970 1222

www.ScoliosisCoach.com

ScoliosisCoach@gmail.com

www.PilatesSportsCenter.com

www.WellnessCenterofEncino.com



Dr. Andromeda Stevens, D.C., became a doctor because she was motivated by her own scoliosis condition. Her practice specializes in scoliosis treatment and the proper rehabilitation of the lower back. She was introduced to Pilates and was so impressed that she became a PMA Gold Certified Instructor (now called Nationally Certified Pilates Teacher) to offer Pilates to her patients as a way resolve pain more effectively. The profound results obtained by her patients led her to co-found Pilates Sports Center in Los Angeles.

Dr. Andromeda Stevens, D.C. Credentials and Bio



Andromeda also co-directs the International PSC Pilates Teacher Training Program and the Pilates Master Teacher Program to provide the highest standard of excellence in Pilates education.

- Cleveland Chiropractic College of Los Angeles Graduate '96
- Schroth Best Practice® Level II Certified by Dr. Hans Weiss (of the original Schroth family and Dr. Marc Moramarco, D.C.)
- Cox Flexion/Distraction Technic® Certified
- Integrated Flexibility Training – The Sports Club/LA
- BalletCore® Certified
- Massage Therapist – Touch Therapy Institute
- NPCT / Pilates Method Alliance "Gold" Certified Pilates Teacher
- Advances in Pilates – Long Beach Dance Conditioning 2000
- CPR / First Aid Certified
- Presenter at: PMA / Mind Body Spirit / Pilates On Tour / Inner Idea / Mad Dogg WSSC / MindBody Fit Pro / Human Movement Conference
- Master Teacher Trainer for Reebok Sports Club/NY 2007
- Participant: PMA Fostering Future Professionals Program™
- PMA Education Provider™
- Co-Creator of Pilates Sports Centers Workshops, DVD library and the [PSC Channel Membership](#)
- Creator of Dr. Andromeda Stevens Chiropractic, Inc. Workshops and the [Scoliosis Coach Portal](#)
- Co-Creator of Pilates Sports Centers Burn at the Barre™ Teacher Training Programs (Level I & II)
- Co-Creator Pilates Expo Los Angeles
- Board of Directors [The Pilates Initiative](#)



**The Schroth
Best Practice
Program** by
Dr. Weiss

Programs of Study: Workshops / Certificates / Coaching / Hosting

Level I: Scoliosis Workshop - Techniques to Work in the Pilates Studio

A 5-6 hour workshop is for the beginner practitioner and will allow you to begin the process of understanding scoliosis and care for your Pilates clients within the Pilates repertoire. You may take this workshop in person or virtually. An exam is required to achieve a Certificate of Completion.

12 PMA CEC's

(An exam is required to achieve CECs if the program is taken online)

Available in person or online - <https://vimeo.com/ondemand/scoliosisworkshop>

Level II: Scoliosis Specialized Pilates Instructor (SSPI) Certificate

A 2-day Level II Certificate Program (level I pre-requisite) for the more advanced practitioner who has mastered the basics of scoliosis in Level I, and wishes to learn to care for their clients within the Pilates repertoire learn more advanced skills including fusion. An exam is required to achieve a Certificate of Completion, access to the portal (video library of exercises and tutorials) and 12 PMA CEC's

Coaching

We offer on-going coaching in person, on the phone or virtually to assist you with difficult cases, questions, or any support that you need. Hourly rates apply.

Hosting

We make training at your facility easy.

- Just let us know the program you are interested in hosting
- Together, we select a date and schedule
- We will assist with the promotion of the program with you
- Hosting fees please inquire

About These Programs

Pilates teachers worldwide are struggling with how to help their clients with scoliosis and often times are at the “front lines” when it comes to care. It's daunting and expensive to seek scoliosis treatment and so many clients simply do nothing ... but will look to you, the instructor, for guidance. Of course a referral to a P.T., a Dr. or qualified Schroth practitioner is the first and best course of action. In lieu of this, or in conjunction - the client still needs support and care. There is an endless supply of incorrect information available to Pilates instructors so we have created a solid program based on fact, experience and are dedicated to arming you with the tools you need to support your clients in a healthy, positive and accurate way to create real change and avoid making disastrous mistakes. We are here to support you long after your program. Read on to learn more and become one of the few properly educated practitioners in your field.

History of the Schroth Method

The Schroth Method is a physiotherapeutic system of exercises for scoliosis, which was developed in Germany by Katharina Schroth (1894-1985), a scoliosis sufferer herself. She opened a clinic in Germany. Her daughter, Christa Lehnert-Schroth, a trained physical therapist, worked with her on further developing her exercises. Although no longer owned by the Schroth family, the Asklepios Katharina-Schroth Klinik today treats over 1000 patients annually. Doctors routinely refer scoliosis patients for non-surgical treatment such as Schroth to delay or avoid surgery.

Schroth Basics & How Pilates is a Natural Partner

One of the premises of the Schroth system is that the muscle groups, which support the spine, have become asymmetrical. The imbalances keep the scoliotic spine pulled into abnormal curves and twists, and unless corrective actions are taken, the problem builds upon itself. It is critical to understand what exercises and postures to AVOID and how to make modifications to daily life to support the client when not in the Studio. We will learn these concepts as well as how to correct postural positions and perform strengthening and breathing exercises using the tools available in any Studio.

Bracing & Schroth Goals:

- Maintain improved posture lifelong
- Avoid surgery
- Improve posture and appearance
- At least partially reverse abnormal curvatures

What are the costs of the scoliosis programs?

Level I Scoliosis Workshop Techniques to Work in the Pilates Studio

Level I is a 5-6 hour Workshop in person for \$200 or Virtually \$99 [Vimeo Link](#)

Level II Scoliosis Specialized Pilates Instructor (SSPI) Certificate

Level II is a 2-day Workshop/Certificate Program in person for \$600 with a \$100 Non Refundable Deposit

- There is a \$25 discount for early registration four weeks prior to the course.
- Pilates Sports Center Graduates will receive a \$50 Discount
- Level I is a prerequisite
- Participants will be required to pass a written exam to receive a Diploma/Certificate

Master Teacher Program

\$2000 please see next page for more information.

What does the Level II Scoliosis Specialized Pilates training involve?

- A 2 day / 12-hour Course
- Learn the types of scoliosis and it's causes
- Learn to asses a client and map out a program based on findings
- Bracing and alternative treatments
- Psychology of patients with scoliosis
- Issues that can exacerbate its curvatures
- Scoliosis fusion surgery and post-surgery protocols
- Learn what to avoid and what to focus on to assist scoliosis clients in reducing pain while increasing functionality
- Anatomy discussion & practical demonstrations
- Take home reference-workbook
- Pilates Props, Mat, Reformer, Cadillac and Wunda Chair Repertoire for the Scoliosis client
- Medical terminology
- Ethics and scope of practice

What does the course fee include?

- The SSPI training manual
- Discounts on the purchase of Balanced Body Pilates equipment / Code# PIL0220
- Certificate as a Scoliosis Specialized Pilates Instructor suitable for wall hanging (*with completion of exam*)
- PMA continuing education credits

What benefits will I receive as an SSPI Level II Graduate? (Diploma earned)

- Licensure for one year begins on the completion of the weekend training upon passing an exam, and signing an agreement. Once these are accomplished, graduate will also receive:
 - Online support
 - Listing on the Scoliosis Coach website as an SSPI Graduate with a link to you or you studio.
 - Access to the exclusive online forum for licensed SSPI instructors with updated research, teaching tips, video clips and networking.
- Licensure renewal cost is \$125 and it includes an online continuing education course to insure that instructors are up to date with current research.
- Access to the Scoliosis Coach Portal for a low monthly rental fee for any chapter on the portal

Become a Credentialed SSPI Master Teacher Trainer

As an affiliate you will begin a commitment to better the quality of Scoliosis Teacher Training and the lives of others. You will create your very own mark in this educational program. The program has specific requirements and an application process. If you meet these requirements, we invite you to submit your application.

- Level I Workshop & Level II Certificate Completed
- Application fee \$900
- Non-refundable Deposit of \$100
- Program Fee: \$2,000 (*minus application fee and deposit*)
- You must be 5+ years Pilates certificate holder and a Studio owner (preferred)
- Knowledge of the SSPI Teacher Training Manual, procedures, required texts and all related materials – demonstrated by passing the exams
- Exemplary knowledge of physiology and anatomy
- Current liability insurance
- An approved location with which to conduct all courses that includes but is not limited to: Appropriate space, equipment, props, medical charts, models, props, textbooks etc. OR...have a contract in place with an existing Pilates Studio who will provide the space and equipment.
- Approved location (outside of a territory under contract with Scoliosis Coach currently)
- Non Disclosure Agreement and a Licensing Agreement with Scoliosis Coach, Inc.
- Complete 12 hours of Scoliosis Authority continued education 12 hours yearly

Upon acceptance into the SSPI Credentialed Master Teacher Program you will complete the home study via online programming and a series of webinars. A “test-out” will be given to verify the integration of the material to achieve a Master Teacher Certificate.

TUITION / DEPOSIT

Workshops

Level I a 5-6-hour Workshop \$200 in person or virtually \$99 [Vimeo Link](#)

Level I Scoliosis Specialized Pilates Instructor (SSPI)

A 2-day (12 hour) Workshop/Certificate Program \$600 with a \$100 Non Refundable Deposit to hold spot in the course.

Coaching

Hourly at \$150 with a CC on file to book sessions

Master Teacher Program

\$2000

ADMISSION REQUIREMENTS LEVEL I & II

- Prospective students must have a High School Diploma or equivalent and a 450+ hour/full apparatus Pilates Program Diploma or PMA / NCPT Certification
- A min. of 2 years verifiable Pilates teaching experience
- Completed application and deposit
- No applicant will be denied on the basis of race, national origin, color, creed, religion, sex, age, disability, gender identity, gender expression, or sexual orientation, medical condition, ancestry, marital status, citizenship, or status as a veteran or special disabled veteran.

ENROLLMENT PROCEDURES

Prospective students may enroll anytime. Late enrollments will be accepted on a case-by case basis. The enrollment process includes submission of an application, payment of non-refundable deposit.

HOTEL AND TRAVEL INFORMATION

Airfare, hotel and travel expenses are each student's responsibility. Depending on location of course, we may be able to provide information.

Financing Available
PayPal.com OR Care Credit
Payment Calculator

Application

SSPI Student Policies

ATTENDANCE REQUIREMENTS

Students are expected to arrive on time for class with proper materials. An overall attendance rate of 100% is required. The Certificate of Completion may be held until class time is made up. Students who are unable to continue classes for medical/personal reasons will be required to take a leave of absence until they are able to return to the next scheduled course. Proper documentation will be required to substantiate a student's withdrawal.

LEAVE OF ABSENCE POLICY

Students who interrupt their program because of personal or family circumstances and plan to return may take a leave of absence. Failure to attend class is not equivalent to a leave of absence and students will not receive remittance unless a formal leave of absence is filed and approved. An approved leave of absence will entitle student to return to the next scheduled Program offered at the same location for the missed portion of the Program only.

STUDENT CONDUCT POLICY

All students are expected to act maturely and are required to respect other students and faculty members. Possession of weapons, illegal drugs, and alcohol of any kind are not allowed at any time on school property. Any violation of school policies may result in permanent dismissal from school.

DISMISSAL POLICY

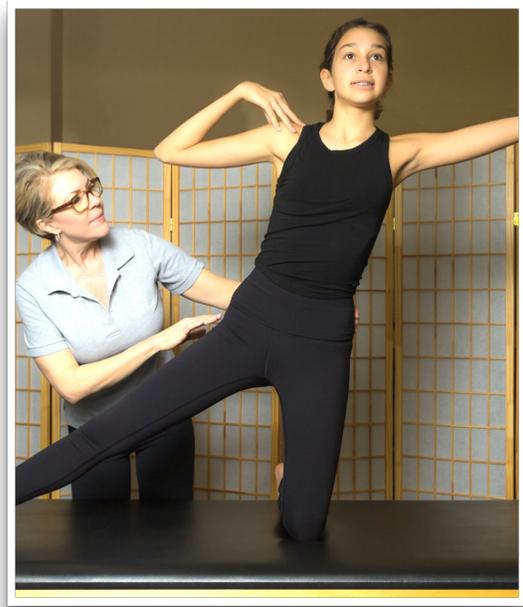
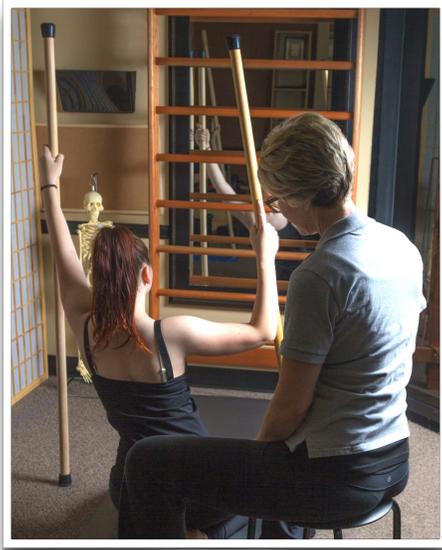
Any student may be dismissed for violation of rules and regulations of the school, as set forth in the Student Contract. The Master Teachers may temporarily suspend students whose conduct is disruptive or unacceptable to the academic setting.

REQUIREMENTS FOR CERTIFICATE OF COMPLETION

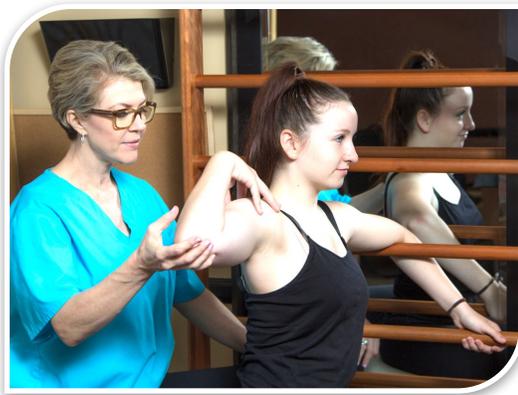
A Certificate/Diploma issued upon completing all course requirements including, but not limited to:

- 100% attendance to course
- Passing scores on written and practical exams of no less than 76%

Learn More About Scoliosis and the Schroth Method



Series of Schroth Exercises
Examples – Minimal tools are
needed!



Visit our YouTube Channel to see Schroth in action
[Schroth Information](#) or [Dr. Stevens Channel](#)

About the workshop [LINK](#)

