



2015 Events & Workshops with Chantill Lopez

January

❖ The Cueing Lab:

Learn how to harness and **An interactive online workshop that will expose you to powerful verbal and hands-on cueing techniques you can easily and immediately apply to your Pilates teaching.**

Course Overview & Learning Objectives:

- 22 Hands-on Cueing Videos; Worksheets; Opportunities to submit short teaching audio and video clips for evaluation.
- Learn why and how different kinds of verbal and hands-on cueing works.
- Discover the most effective verbal and hands-on cues for achieving specific client goals.
- Engage in practices that will help you apply and improve your verbal and hands-on cueing:
 - Verbal Cueing:
 - use the power of different kinds of imagery;
 - Learn when and how to use your voice and words in conjunction with your hands for greater client efficacy;
 - Pinpoint your “graffiti” words and phrases that bog down your verbal instruction and confuses clients.
 - Hands-on Cueing:
 - Learn when touching is appropriate and not;
 - Clarify different kinds of touch and what they does;
 - Examine professional standards for touching and craft your own;
 - Learn how to read client responses and reactions and how to correct course.

Date: January 4th – February 1st

Location: Online

Cost: \$97

Open to: Pilates Teachers All Levels

How To Register: Online @ skillfulteaching.com/workshops-and-retreats

❖ The Dedicated & Successful Pilates Student – A 28-Day Online Workshop:

Self-Guided videos, audios and discussion boards PLUS four 1-hour group phone calls

Course Overview & Learning Objectives:

- Nurture your Inner Teacher while developing concrete strategies to reach your teaching, work, and life goals. Discover, articulate & put into effect your true PURPOSE, make your teaching more POWERFUL, & build fluid, AUTHENTIC CONFIDENCE in your life.

Date: January 4th – February 1st

Calls: Sundays at 10 am on 1/11, 1/18, 1/25, 2/1

Location: Online

Cost: \$97

Open to: Pilates & Yoga Teachers All Levels

How To Register: Online @ skillfulteaching.com/workshops-and-retreats

February

❖ 4-Week Teacher's Immersion Workshop: (16 PMA CECs) 16 hours

Fearless Extension: Never be afraid to promote and develop spinal extension in students with low back and neck pain again! This workshop will look at how to assess, develop and apply appropriate spinal extension exercises and spinal mobilizing sequences to enhance and promote the body's fullest extension potential.

Course Overview & Learning Objectives:

- Learn how to determine your students' current level of extension ability – in all areas of the spine – using a clear and concise **Skill Assessment Tracking method**;
- Learn **specific and simple progressions** and steps to take to help students develop healthy local extension as well as gross overall balanced extension of the spine;
- Learn classical and contemporary, FUN and challenging, exercises that you can integrate to **engage, challenge and motivate your students to LOVE extension – or at least NOT HATE IT!**;
- Use your new knowledge right away on fellow teachers and on practice students we provide!

Dates: Starts Wednesday, February 4th – 27th

Wednesdays 2-4 pm (Lecture) &

Fridays 3-5 pm (Lab)

Location: Pilates Collective, 132 Weeks Way, Sebastopol CA, 95472 (707) 829-8746

Cost: \$597

Deposit to Reserve Space: \$200 (10 spots open)

Open to: Open to all levels

How To Register: Online @ skillfulteaching.com/workshops-and-retreats

❖ Functional & Experiential Anatomy

This is a 14-hour functional and experiential anatomy course taught with a focus on Pilates exercises and movement patterns relative to the Pilates Method. We will use body rolling techniques, drawing, writing and imagery tools to help you really grasp the information presented. This workshop may also include study of yoga postures for those teachers who it's relevant for.

You'll never have so much fun learning anatomy!

We will explore anatomy in direct line with movement, movement patterns, common alignment considerations and HOW the body works. Learn the anatomy of breathing, what makes the core the core, how the pelvic floor works and how it effects breathing, posture, leg function and back health. Get fired up about how your arms connect to your back and how to better empower the use of your upper back to support your shoulders, head and neck and SO MUCH MORE!!!

We will be using Trail Guide To The Body 4th Edition by Andrew Biel.

Who is this for?

- Pilates or yoga teachers
- Teachers in training, novice teachers or teachers looking for an in-depth refresher of anatomy or a chance to finally apply what they know to what they do!

Learning Objectives:

- Learn how and WHY the body moves with relationship to its muscular, skeletal and connective tissue systems.
- Apply movement exploration, hands-on techniques, clay, drawing, body rolling and other methods to learn body function in a fun way!
- Discover how knowing the body better insights and enlightens your ability to teach with purpose and clarity.

Date: Saturday, February 7th & Sunday, February 8th: 1 - 8 pm

Location: Pilates Collective, 132 Weeks Way, Sebastopol CA, 95472 (707) 829-8746

Cost: \$405

Early Registration Deadline: SAVE \$50 by January 16th, 2015

Open to: All levels Pilates and yoga teachers as well as other movement professionals

How To Register: Online @ skillfulteaching.com/workshops-and-retreats

❖ Open-Access Mentoring Workshop

Course Overview & Learning Objectives: TBD

Date: Saturday, February 21st: 10 - 4 pm

Location: Downtown Pilates, 1338 Pearl Street, Napa, CA 94559

Cost: \$197 Full Day

Deposit to Reserve Space: \$50 (10 spots open)

Open to: All levels

How To Register: Online @ skillfulteaching.com/workshops-and-retreats

March

❖ The Fulfilled & Successful Pilates & Yoga Teacher – A 28-Day Online Workshop:

Self-Guided videos, audios and discussion boards PLUS four 1-hour group phone calls

- Nurture your Inner Teacher while developing concrete strategies to reach your teaching, work, and life goals. Discover, articulate & put into effect your true PURPOSE, make your teaching more POWERFUL, & build fluid, AUTHENTIC CONFIDENCE in your life.

Course Overview & Learning Objectives:

- How to engage in and sustain your own creative and motivating self-practice every week
- Precisely identify your current challenges and roadblocks in your teaching and/or business that are holding you back
- Discover your Anchor - The WHY of what you do and turn it into a clear PURPOSE that will help you address EVERY challenge and roadblock you face
- Answer questions of where to go with your teaching, how to choose or clarify a niche, articulate your target audience, and utilize your strengths
- Create a clear strategy to improve your teaching and your business that you can **take with you beyond the course**

Date: March 1st – March 29th

Calls: Sundays at 10 am on 1/11, 1/18, 1/25, 2/1

Location: Online

Cost: \$97

Open to: Pilates & Yoga Teachers All Levels

How To Register: Online @ skillfulteaching.com/workshops-and-retreats

❖ Open-Access Mentoring Workshop (6 hours - 6 PMA CECs)

Pilates Origins: Discover the Power, Creativity and Consistency of the original form & philosophy

Course Overview & Learning Objectives:

- Explore Joseph Pilates' books "Return to Life & Your Health";
- Examine how and if your teaching aligns with the original intentions,
- Discover what those are and how you can apply them to be a more effective teacher.
- PLUS spend THREE hours of FUN working with the original orders, feeling the power, creativity & consistency that they promote and provide your teaching!

Date: Saturday, March 7: 12 -6 pm

Location: Humani Pilates, 2020 I St, Sacramento, CA 95811, (916) 905-2787

Cost: \$197

Deposit to Reserve Space: \$50 (20 spots open)

Open to: All levels

How To Register: Online @ skillfulteaching.com/workshops-and-retreats

April

❖ See Balanced Body Teacher Training Schedule Below for April – June Dates

❖ Courageous Teaching – Courageous Living: A Restorative Teacher's Retreat

A five-day retreat for Pilates, yoga, and dance teachers and others who work in the somatics and movement fields.

- A rare opportunity to rejuvenate and be in community with others who face the same challenges of:
 - Taking care of themselves as well as they take care of others,
 - Staying present and energetic day after day,
 - Setting and maintaining healthy client relationships and boundaries,
 - Building a vocation crafted on core values and heart-centered practices.

Date: Friday, April 10 – Monday, April 13

Location: Lotus Feed Farm, Occidental, CA

Cost: \$550

Deposit to Reserve Space: \$200 (10 spots available)

Open to: Movement Teachers & Professionals of all kinds who want to create lasting, sustainable and meaningful work.

How To Register: Online @ skillfulteaching.com/workshops-and-retreats

May

❖ See Balanced Body Teacher Training Schedule Below for April – June Dates

❖ 4-Week Teacher's Immersion Workshop: (16 PMA CECs) 16 hours

Pure Potential - Demystify, Apply and LOVE the Advanced Pilates Exercises: Assess, Progress and Inspire your students' greatest potential with the advanced Pilates repertoire. Build excitement, promote dedication, and see powerful shifts in your students when you they are regularly exposed to the mental and physical demands of advanced level work.

Course Overview & Objectives:

- Learn how to determine which students are ready to venture into the higher level Pilates work using a clear and concise **Skill Assessment Tracking method**;
- Use and teach the often neglected principles of **FLOW, RHYTHM, PRECISION** in every session;
- Learn classical and contemporary, FUN and challenging, **TRANSITIONS** to keep your students focused, in the flow and moving with intention to get the most out of every session.
- Use your new knowledge right away on fellow teachers and on practice students we provide!

Dates: Starts May 5th – 29th
Tuesdays 1-3 pm (Lecture) &
Fridays 2-4 pm (Lab)

Location: Pilates With Anne

Cost: \$597

Deposit to Reserve Space: \$200 (12 spots open)

Open to: Open to all levels

How To Register: Online @ skillfulteaching.com/workshops-and-retreats

❖ Open-Access Mentoring Workshop (6 hours - 6 PMA CECs)

Title: TBA

Course Overview & Learning Objectives: TBA

Date: Saturday, May 23rd 10 am – 4 pm @ Location TBA

Location: TBA

Cost: \$197 Full Day

Deposit to Reserve Space: \$50 (10 spots open)

Open to: All levels

How To Register: Online @ skillfulteaching.com/workshops-and-retreats

June

- ❖ See Balanced Body Teacher Training Schedule Below for April – June Dates

August

- ❖ (Open-Access Mentoring Workshop (6 hours - 6 PMA CECs))

Title: TBA

Course Overview & Learning Objectives: TBA

Date: Saturday, May 23rd 10 am – 4 pm @ Location TBA

Location: TBA

Cost: \$197 Full Day

Deposit to Reserve Space: \$50 (10 spots open)

Open to: All levels

How To Register: Online @ skillfulteaching.com/workshops-and-retreats

❖ Functional & Experiential Anatomy

This is a 14-hour functional and experiential anatomy course taught with a focus on Pilates exercises and movement patterns relative to the Pilates Method. We will use body rolling techniques, drawing, writing and imagery tools to help you really grasp the information presented. This workshop may also include study of yoga postures for those teachers who it's relevant for.

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- Apply movement exploration, hands-on techniques, clay, drawing, body rolling and other methods to learn body function in a fun way!
- Discover how knowing the body better insights and enlightens your ability to teach with purpose and

Date: Saturday, August 29th & Sunday, August 30th: 1 - 8 pm

Location: Pilates Collective, 132 Weeks Way, Sebastopol CA, 95472 (707) 829-8746

Cost: \$\$405

Early Registration Deadline: SAVE \$50 by August 1st, 2015

Open to: All levels Pilates and yoga teachers as well as other movement professionals

How To Register: Online @ skillfulteaching.com/workshops-and-retreats

September

❖ 4-Week Teacher's Immersion Workshop: (16 PMA CECs) 16 hours

Scoliosis & Osteoporosis Revealed – Real life examples, Real life results, No More FEAR!

Course Overview & Objectives:

- Learn how to determine which students are ready to venture into the higher level Pilates work using a clear and concise Skill Assessment Tracking method;
- Use and teach the often neglected principles of FLOW, RHYTHM, PRECISION in every session;
- Learn classical and contemporary, FUN and challenging, TRANSITIONS to keep your students focused, in the flow and moving with intention to get the most out of every session.
- Use your new knowledge right away on fellow teachers and on practice students we provide!

Dates: Starts Tuesday, September 1st – 24th

Tuesdays 1-3 pm (Lecture) &

Thursday 1-3 pm (Lab)

Location: Humani Pilates, 2020 I St, Sacramento, CA 95811, (916) 905-2787

Cost: \$597

Deposit to Reserve Space: \$200 (12 spots open)

Open to: Must have 3 years teaching experience or more

How To Register: Online @ skillfulteaching.com/workshops-and-retreats

October

❖ Wisdom, Skill & Grace Vinyasa Teacher Training Immersion: With Cori Martinez

Details To Be Posted

Balanced Body Pilates Teacher Training Dates

@ Pilates Collective, Sebastopol CA

Mat 1: April 10-12 - Friday 6-10; Saturday 1-9; Sunday 11-5 (Kristen Iuppenlatz Grech)

Mat 2: April 17-19 - Friday 6-10; Saturday 1-9; Sunday 11-5 (Kristen Iuppenlatz Grech)

Reformer 1: May 1-3 - Friday 6-10; Saturday 1-9; Sunday 11-7 (Chantill Lopez)

Reformer 2: May 8-10 - Friday 6-10; Saturday 1-9; Sunday 11-6 (Chantill Lopez)

Reformer 3: May 16-18 - Friday 6-10; Saturday 1-9; Sunday 11-5 (Chantill Lopez)

Trap Table: June 5-7 - Friday 6-10; Saturday 1-9; Sunday 11-7 (Kristen Iuppenlatz Grech)

Chair: June 13 & 14 - Friday 4-9; Saturday 1-9 (Chantill Lopez)

Barrel: June 19 - Saturday 1-7 (Kristen Iuppenlatz Grech)

Cost: Please visit skillfulteaching.com/teacher-training for a comprehensive cost breakdown of the BB teacher training

How To Register: Directly via Balanced Body's website Pilates.com. Follow the links to Education and Education Finder. Search EHS – Pilates Collective