

CAFFEINATED PILATES



June Kahn's Bodyworks, LLC
Professional Fitness Pilates Training

Presented by:
June Kahn, CPT

2010 IDEA World Instructor of the Year

Energize and empower your students with this awakening, fresh and uplifting approach to Pilates matwork through a flowing combination of Pilates progressions in an undulating format. Experience core challenges that incorporate fluid transitions for seamless routines and gather endless ideas for your Pilates classes. Charge up your traditional routines by adding an eclectic twist to your Pilates workouts. No equipment used.

Objectives:

1. To identify the philosophy of Pilates and differentiate between classical Pilates and contemporary Pilates progressions
2. To introduce, explain and identify how this workout progression can effectively enhance the intensity and challenges of traditional Pilates Matwork classes.
3. Review the relationship between matwork movements and standing movements , how they enhance the neuromuscular system and how it specifically applies to today's population.
4. To outline and practice the transition process of taking matwork moves to a standing position adding rhythm and flow, maintaining the integrity and philosophy of the disciplines presented
5. Implement proper set up, cueing, and execution
6. Review progressions introduced.

I. Pilates Defined
a. Intelligence In Motion

II. Concepts and Theory

III. History and Evolution

IV. Traditional vs Contemporary Progressions

V. Goals of Caffeinated Pilates
a. Variety and emphasize the principle of Flow
b. Learn how to utilize and understand the progressions based on their purpose
c. Eliminate Boredom and become more "out of the box"
d. Sequence of progressions for progressive overload
e. Create fluid Transitions between movements/exercises

VI The Breathing Guidelines

- a. Forced Expirations
- b. Diaphragmatic Breathing
- c. How to Cue breathing to facilitate trunk Control

VI. The Progressions Format

- a. Standing
- b. Mat

VIII. The Progressions

Visit www.junekahn.com to download choreography

Prepared by: June E. Kahn, 2009 World IDEA Instructor of the Year

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