



REBECCA LEONE.com
EDUCATION CONSPIRACY

Rebecca Leone

Catalog of Educational Services

From the full comprehensive Pilates Excel curriculum to a stand-alone half day workshop, this document contains the titles of workshops, details of content, equipment requirements, format options and cost.

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E D U C A T I O N C O N S P I R A C Y

THE PILATES NUN

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<http://vimeo.com/rebeccaleone/albums>

Education Overview & Workshop Menu

In addition to many other things, I am a corporation. The name of my corporation is Rebecca Leone Education Conspiracy. The name of my school within that corporate entity is Pilates Excel.

As a teacher, I became a problem solver out of necessity because my overarching mission is to complete Joe's mission – that his work be understood and accessible to all who are interested. Once I began teaching, I realized that many people are nowhere close to being able to participate in Pilates because they are in pain. It's the type of pain caused by problems that are below the threshold of surgical repair but are well above the threshold of ruining your life. It's the type of pain that interferes with well-being. It's the type of pain that prevents you from actively participating in living and loving life. Joe's mantra was that we live fully, happily, vigorously, commandingly and I wanted to find ways to teach people how to eliminate or manage their pain so they could live their best life and also so that the world of Pilates was available to them.

Out of that desire, I developed my problem solving techniques that have become my signature offering; domes, wagon wheels, elevator shaft, bolts, assisted knee floats and stirs, etc., all of which are featured on my free video website.

My problem solving protocols are blended with and underneath everything I teach.

When I started Pilates Excel in 2005 it was the first school of its type in the industry and I continue to lead the way in Pilates education by organically developing and now formally offering a unique phased system of education, a type of *layered learning* that is tremendously effective and empowering; full programs, workshops, Developmental Privates and Interpretive Master Classes which is all supported on an ongoing basis by *free online continuing education*.

Educational Offering

1. The full Pilates Excel curriculum is detailed at www.PilatesExcel.com, was strategically developed over 3 years time as an "after-market" program specifically designed to complete a comprehensively trained teacher's education by filling the problem-solving and business development gaps of virtually all primary education programs. It includes 50 - 75 contact hours over 8 - 10 calendar days and the per-person registration fee is \$3,000 - \$5000 USD.

2. A condensed Pilates Excel curriculum format consists of essentially the same content as the full program but with less practical time. The condensed course is edited to fit more easily into time and financial budgets and is offered in 3 to 6 days and the per-person registration fee is \$1500—\$3000 USD.

3. **Workshops**, half-day to multi-day. Any portion of the Pilates Excel curriculum can be broken out into a discreet workshop *and* I can also develop content specifically tailored to meet the needs of your staff or client base. The following pages include descriptions of workshops I've already developed and offered, some many times over.

4. **Developmental Privates**. Delighted by how easy it is to teach clients to relieve their pain and outraged by how few teachers have the opportunity to learn those skills (which I satisfy in workshop format) and see those skills in action, I grew into an extremist of sorts and so a few years ago I formally began a jihad on back pain. Wherever I travel to teach, I always make time to open my book to teach privates to anyone who has pain or who is blocked in their progress in Pilates or any movement discipline. Privates are called Developmental because they are not a regular workout, rather, they develop your understanding of how to manage your issues, pain, performance challenges. Working in my host studios with the wickedly twisted, the chronically pained, the hopelessly fragile and the friends of neighbors of coworkers has been the greatest thrill of my teaching career. These Developmental Privates are fully described below but the really neat thing is that studio hosts are invited to watch me teach these sessions, hour after hour, wherein I meet people for the first time, have to break down their issues, problem solve on the fly, work with and around their unique communication styles and somehow make magic happen in 55 minutes. That, dear teacher, is the most difficult to obtain type of experience, period. I film many DPs and post the footage on my video website. Developmental Privates are \$200 USD each.

5. **Integrative Master Classes**. I can surely teach whatever type of group class you'd like but my favorite way to teach groups is to incorporate material we covered in workshops earlier in the day into the group class. Integrating workshop content into a regular old hour long group class format not only solidifies practical application of workshop content for everyone who attended the workshop but it also provides teachers with examples of how to blend in the teaching of new information into group formats. Integrative Master Classes are open to everyone, not just workshop attendees. Costs for master classes range from \$35 - \$50 and usually run from 60 - 90 minutes.

Cost

There are a couple of ways to go in hosting workshops:

1. Host dominant.

- Host pays me a flat fee to teach
- Host handles all aspects of local and regional promotion
- Host handles all aspects of registration
- Host bears all cost for my travel, accommodation and per diem.

- My minimum day rate is between \$1000 and \$2500 depending on content, your market size and attendance capacity.
- This scenario sounds scary, doesn't it? It is and that's why, since 2003, I've only worked in this format *twice*. It's not common, it's the extreme exception.

2. Educator dominant.

- Host provides a studio for me to teach in
- Host and host's *employees* attend all workshops and master classes at no charge (*employees, not independent contractors* – you'll never build a stable business on the backs of ICs, furthermore Pilates industry ICs do not qualify as such under IRS IC guidelines)
- Host promotes events locally and regionally
- I provide all registration support via my MindBodyOnline site
- I provide global promotion which is never sufficient to make a local event successful but does serve to increase exposure for the host's studio and market
- I retain all revenue generated from workshop and DP registrations
- Host is reimbursed for all *previously agreed upon* hosting expenses
- Workshop and DP registration pays for my travel, accommodation & per diem
- Host retains either all or a negotiated split of Master Class revenue
- This scenario sounds less stressful, doesn't it? It is and that's why every workshop I've ever taught – except for twice – has been handled in this manner.
 - Here's a typical schedule:
 - Thursday Developmental Privates during the day and at night, an open house/reception followed by a master class
 - Friday Developmental Privates, master class
 - Saturday workshop(s) followed by Interpretive Master Class
 - Sunday workshop(s) followed by Interpretive Master Class
 - Monday Developmental Privates
 - That way, by the time the weekend is over, the host will have experienced my unique style of layered learning: workshops, by observing the application of workshop content in privates and group classes. And the marketing and advertising benefits of hosting an international educator at the opening night open house brings heightened community awareness and establishes the host's studio as a regional center for learning. Between the host, the client base, the local community and me, it's truly a Win-Win-Win-Win situation.

*All my work is appropriate for teachers & clients;
much of it is appropriate for non-clients and as such
can be marketed to the general public.*

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Workshop Title:

ANATOMY OF PILATES

3 - 6 hours

Using a fully sourced Powerpoint presentation, we learn about the anatomy of the Pilates Powerhouse. The anatomy lecture is the *academic* version of my new client orientation which I call "Pilates 101." I wrote an article about it for Pilates-Pro, <http://www.pilates-pro.com/pilates-pro/2007/2/14/pilates-101-for-new-clients.html>. It provides the baseline anatomical understanding necessary for us to safely teach and perform Pilates.

Workshop Title:

BIOMECHANICAL PROBLEM SOLVING FOR COMMON MOVEMENT PATTERNS

3 - 6 hours

In Pilates as well as most movement disciplines, there are positions we repeatedly assume, repeatedly move through and often have to sustain for extended periods of time. The main reason people stop pursuing a particular movement discipline is that they cannot comfortably achieve or sustain the physical positions necessary; this is certainly true in the Pilates industry where this is the #1 reason Pilates clients discontinue their sessions – they just can't "do" it.

Common positions in Pilates include the safe, sustained lift of your upper body (thoracic flexion), a sit up (sequential spinal flexion) and suspension of your legs in space (loaded hip flexion). This workshop addresses the proper way to sequence into and through those common positions and how to build strength to maintain them. Specifically, we cover spinal flexion, extension & rotation, hip flexion, extension & rotation, side bending. In addition to anyone interested in Pilates, this content is especially appropriate for any athlete - any sport, any level - and for those who spend time, money and effort pursuing any physical discipline where strength, control and/or endurance dominate.

No equipment is required for this workshop.

Workshop Title:

SAFETY & PROGRESSION THEORIES

3 - 6 hours

If you can't perform a Roll Up, should you teach Short Spine? You'll know for certain once you've completed this workshop. The safety in teaching Pilates lies in the order that we teach the exercises and the order is guided by progression theories. If you don't know the order, you can't possibly teach a safe progression through the method. Spinal mechanics drives the order and are at the center of this workshop as we learn how various exercises safely prepare the spine to stabilize then mobilize.

At least 1 Reformer, 1 Cadillac and mat space is ideal for this workshop.

Workshop Title:

ACHIEVING IDEALIZED ALIGNMENT

4-6 hours

Whether subtle or dramatic, built into all bodies are strength imbalances and any strength work we do on top of those imbalances results in strengthening the imbalance. An athlete competing in a single-sided sport shows us these biases with every move and even, with a trained eye observing, their quiet body. But a new mother, a technology worker or a client with scoliosis may present equally significant biases though caused by very different means.

In any case and lived forward, these imbalances spawn a cycle of increased muscular and structural dysfunction, improper biomechanics leading to further adaptation and sadly, often debilitating pain.

This workshop focuses on training your eye to assess side-to-side weaknesses wherever they exist and whatever the cause. You'll learn the easy to understand, easy to teach visualizations that greatly reduce lateral curves in the spine, the safety and progression strengthening theories to address pocket weaknesses

and we'll also practice doing and teaching safe and effective bilateral exercises – broken apart – to feature unilateral work.

Anyone with scoliosis, rotated spine or single sided sport/repetitive motion job should be encouraged to attend.

Prepare to see, think and solve problems with new skills, awareness and dedication. This workshop is supported by free online video on Rebecca's Vimeo channel at <http://vimeo.com/channels/rebeccaleone>. Tune in and watch any of the "straightening sessions" or "elevator" videos for a sample of what you'll learn in this workshop.

Workshop Title:

CONTRACT/RELAX PILATES FUSION

3 – 6 hours

Everybody involved in Pilates knows that when it comes to flexibility, the equivalencies are way off; we spend too much time doing things that make our bodies tight and too little time relieving ourselves of that tightness.

This reality barges into our sessions in very obvious and often uncomfortable ways when we struggle with tight hips and backs on Roll Up, Single Leg Circles, Spine Stretch Forward and Stomach Massage, tight hamstrings on Teaser and tight everything on Criss Cross, Saw and Push Through Bar.

Making matters worse, the type of flexibility training that's inherent in Pilates is identical to the one that's inherent in athletic training - stretch through strength; stretch coming only when you're strong enough to earn it is not a reasonable answer to the flexibility challenges of most of us so it's definitely time we added into our mat classes and sessions a bit of contract/relax stretching.

Also known as Proprioceptive Neuromuscular Facilitation (PNF), it's a super safe, ultra effective *strengthening* flexibility protocol that is a natural in-line bonus to many commonly performed Pilates mat exercises.

In this workshop, you'll learn about muscle biology and how PNF stretching works in the body, solo stretches for the back, front and sides of the body which I've seamlessly incorporated into traditional Pilates mat exercises and we'll also cover some assisted stretches that are great partner work for your group classes.

It's time to take serious action toward our flexibility goals! Let's double up the value of our Pilates sessions by adding a few strategic, super effective PNF stretches. Get strong in your body, get long in your body, be free in your body with Pilates C/R Fusion

No equipment is necessary for this workshop but a Cadillac or Wall Unit is ideal.

Workshop Title:

LET IT ALL GO | RELAX, RELEASE, MEDITATE

2 – 3 hours

Joe Pilates called his method of exercise the perfect meeting of the mind *and* body but today, precious few Pilates teachers and clients focus on the mindfulness of Joe's intent. In this 3 hour workshop you'll learn a variety of exercises that help to focus the mind, bring it fully to the body and prepare you for the type of integrated experience Joe wanted us to have.

Specifically, you'll learn guided visualizations that release and relax the entire body, a bit of Feldenkrais, Gentry work and breathwork, any of which can be slotted into even the busiest schedule and all of which are appropriately added to Pilates sessions and classes.

No equipment is necessary for this workshop.

Workshop Title:

CREATING YOUR PERFECT HOME ROUTINE

3 – 4 hours

In this 4 hour workshop, we'll craft your perfect at home Pilates program. This 7 - 10 minute daily routine is designed to be performed on-the-floor & in-the-door, it will strengthen & stretch your hard working body, relax your mind and renegotiate

your mind/body operating agreement. Learn it for yourself, learn to teach it to your clients or friends. It's a basic, it's a ritual, it's what Joe asked us to do. It's daily maintenance for daily use!

Workshop Title:

ROLL UP FORENSICS

3 – 4 hours

Ah, the elusive Roll Up. Not only is it super tough to get but it's also a building block for other iconic Pilates exercises; if you don't have a spot on Roll Up, you can't get a Teaser or Neck Pull. And if you work on equipment and cannot do a Roll Up on the mat but you're feeling oh so good about yourself because you go into the well on Short Box, well, bad news, you're cheating yourself because a Roll Up is in Short Box and if you can't do it without the strap, you shouldn't go back that far with the strap.

Not being able to perform it is one thing but it's another thing entirely to be able to figure out why.

This workshop is a deconstruct of all the elements, must haves, tricks, ways and means to get your Roll Up.

If you struggle with Roll Up, don't feel busted, take this workshop and feel empowered!

Workshop Title:

RELAX, RELEASE, REJUVENATE | HOW TO HANDLE A BACK THAT'S TIGHT, OVERWORKED OR IN SPASM

2 – 3 hours

In this workshop, I'll teach you how I turn backs that are barking, snarling, growling & biting into happy, obedient servants of your will. Super small, safe and gentle movements orchestrated into protocols taking us from one end of the spine to the other, you'll learn methods for releasing yourself and your clients from every day tension, occasional painful tightness and full on back spasm. For Teachers, when backs are tight and painful, our clients need us the most and this workshop will help you serve your clients through those times of greatest need.

Joe said "Don't worry, we fix" and with this workshop under your belt, you'll be able to do just that.

Workshop Title:

BASICALLY ADVANCED WORKSHOP AND CLASS

4-6 hours

If you teach a lot of mat, you're aware of how difficult it is to keep class fresh, exciting and challenging. New adaptations, challenges and variations on the historic exercises are a great way to keep class interesting and your loyal mat following excited about each and every class but sometimes, the pressure to endlessly delight our mat clients results in us teaching faster, more difficult exercises when they're really not appropriate and we often feel under the gun to come up with something new, on our own, in order to keep class lively.

The Basically Advanced concept puts the mat teacher firmly back in charge of the basic historic repertoire but with a twist, a super advanced twist. Breaking down the exercises into their most elemental form, even your most advanced clients will be supremely challenged, delighted and scamper back for more. Guaranteed. We cover both *the how and what* of teaching within the Basically Advanced concept; you'll learn how to apply to any exercise the Basically Advanced technique.

No equipment is required for this workshop.

Workshop Title:

RESTORING ORDER | HISTORIC REFORMER

6 hours

The historic work as a foundation is imperative if the goal of your Pilates studio is to use Joseph Pilates and his work as the ideal. This workshop is especially valuable for teachers who lack an educational base in Classical Pilates.

- Teach Basic + a Few Intermediate Historic Reformer Exercises, including
 - Purpose of each exercise

- Mounts & Dismounts
- Equipment settings
- Safety & basic modifications
- Basic corrections
- Number of repetitions
- Transitions

Specifically, this workshop will cover the basic historic repertoire which includes the following exercises:

- Footwork: toes, arches, heels, tendon stretch
- Hundred
- Leg Circles and Frogs
- Short Box: Hug, Flat back, Side to Side, Spine Twist*, Tree
- Stomach Massage: Rounded, Reach Back, Reach Up, Twist*
- Elephant
- Kneeling Knee Stretches: Flexion, Extension, Knees Off, Eve's Lunge*, Prep for Knees Off*
- Running
- Pelvic Lift

* Not in basic order but commonly added for experienced clients

Reformers are required for this workshop. The number of Reformers is dependent on the number of attendees; groups of 4 can comfortably work on a single Reformer.

Workshop Title:

RESTORING ORDER | HISTORIC MATWORK

6 hours

The historic work as a foundation is imperative if the goal of your Pilates studio is to use Joseph Pilates and his work as the ideal. This workshop is especially valuable for teachers who lack an educational base in Classical Pilates. Included is the Anatomy of Pilates, the concepts and fundamentals of Matwork and a ground-up education in how to teach and correct historic Mat exercises.

- Teach Basic + a Few Intermediate Historic Mat Exercises, including
 - Purpose of each exercise
 - Safety & basic modifications
 - Basic corrections
 - Number of repetitions
 - Transitions

Specifically, this workshop will cover the basic historic repertoire which includes the following exercises:

- The Hundred
- Roll Up
- Single Leg Circles
- Rolling Like a Ball
- Stomach Series
 - Single Leg Stretch
 - Double Leg Stretch
 - *Single Straight Leg Stretch
 - *Double Straight Leg Stretch
 - *Criss Cross
- Spine Stretch Forward
- *Neck Roll
- *Teaser

* Not in basic order but commonly added for experienced clients

No equipment is required for this workshop.

Workshop Title

THE HYPERMOBILE & HYPERTONIC | *What's a Teacher to Do?*

4-6 hours

Some of us are hyper-mobile, some are super tight and many are a combination of both.

These ways of moving - set free from your muscles, severely bound by them or a little bit of both - greatly affect our Pilates experience and if we are not skilled at solving the physical problems presented by super loose and super tight clients, we stand a good chance of losing them to the work.

Generally, hyper-mobile clients will wonder what all the fuss is about; they can easily make the shape, they rarely feel sore and yet, in spite of being able to fold up like origami, they always feel tight. Generally, your least flexible clients will be stunted in their ranges of motion, they struggle to fatigue in their superficial muscles often missing entirely their deeper Powerhouse muscles, their quads will be sore but rarely anything else and their frustration level will be very, very high.

Understanding the physiology of hyper-mobility and hypertonic, inflexible muscles helps us teach productively and go a long way to improving and eventually eliminating the common problems companion to each. Using select exercises from the historic repertoire, we will analyze ways to teach to overcome these conditions.

No equipment is required for this workshop although a single Reformer and/or Cadillac is helpful.

Workshop Title:

FROM MAT TO REFORMER AND BACK

The Best of Open and Closed Chain Exercise

5 – 6 Hours

This workshop explores how to take the ease of open chain Mat exercises onto the resistive closed chain Reformer while maintaining the deepest possible connection and awareness of isolating weaknesses, both of which are advantages of Matwork. Then, we take the resistance of Reformer onto the Mat where we add intensity to build increased strength. This content is excellent for “Mat Only” Teachers because it helps them bring greater resistance to build increased strength for all Mat exercises.

Exercises covered include:

- The Hundred
- Roll Up

- Single Leg Circles
- Double Leg Stretch
- Single Straight Leg Stretch
- Criss Cross
- Footwork Series
- Leg Circles & Frogs
- Coordination
- Twist on Short Box
- Tree on Short Box
- Kneeling Knees
- Side Splits

Reformers are required for this workshop. The number of Reformers is dependent on the number of attendees; groups of 4 can comfortably work on a single Reformer.

Workshop Title:

GO FORTH & SERVE

4-6 hours

Developed specifically for Pilates Style, I first presented this topic at the Pilates Style Hollywood Florida conference in June 2007. To help build and grow long term Pilates relationships, this content is designed to expand teachers' understanding of service through and beyond the session. We cover fascinating aspects of the history of service from Joe & Clara and I provide a blueprint by which virtually any educational experience can be directly applied to every day teaching, beginning with the first day back in the studio.

Overview:

- Service according to Joe & Clara
- Determining personal standards of service
- Organizing thoughts/goals/objectives
- Defining your business, regardless of teaching model
- What's possible now and in the future
- What's probable now and in the future
- Pulling the educational experience through to your daily schedule
- Introducing new elements
- Appropriate timing
- Excite but don't overwhelm

- Build support among your local teaching community
- Post-conference open house
- Group attendance
- Fundraising ideas
- Professional ethics – the in’s and out’s of passing it along
- Teaching clients, Teaching other teachers
- Scope of practice review
- Afterglow
- Making contacts and following up
- Educational plan/fundraising
- Local/state/regional/national options – how to evaluate

No equipment is required for this workshop.

Workshop Title:

THE GENIUS OF JOE & CLARA

3 hours

Take an intimate tour through historic interview and feature newspaper and magazine articles and learn the full extent of the passion, service and genius of the Pilates Method. With the help of multimedia technology, you’ll see and feel their message as Joe & Clara preach from the bully pulpit of Pilates.

PowerPointing our way through these historic articles, we’ll learn what Joe & Clara had to say about:

- Service – who to serve, how to serve
- Science of Pilates – what it would do & why
- Teaching Contrology – tips on how to teach effectively
- Testimonials – Pilates zealots go on and on and on
- The Future – their vision for a school, an institute, the continuation of the work

No equipment is required for this workshop.

Workshop Title:

PMA Exam Prep

2-3 hours

The PMA is the international, not-for-profit, professional association dedicated to the teachings of Joseph H. and Clara Pilates. The PMA's mission is to protect the public by establishing certification and continuing education standards for Pilates professionals. The PMA Pilates certification exam was established in order to protect the public by ensuring that any Pilates teacher passing the exam was qualified to teach this effective and specialized form of exercise and "whole body health for life". This workshop is designed to review the information and exercises included in the PMA exam.

No equipment is required for this workshop.

Developmental Privates

Description:

Since 2003, I've been an itinerate educator teaching workshops and private sessions in studios, large and small, and over the years I've developed processes for addressing most common Pilates performance problems as well as for pain resulting from injury, overuse or misalignment. Taking a Developmental Private session with me is a way for you to experience the benefit of my road-tested, tried and true problem solving skills to help you get past whatever slows you down, causes you pain or seems mysterious.

Developmental Privates are so named because they develop your fundamental Pilates skills, they are problem-solving sessions tailored specifically on your own personal issues and concerns – they are *not* a workout. The value of taking a Developmental Private will extend fully into future sessions and classes you take because you will get infinitely more out of those regular workouts once we address and overcome the barriers that have kept you from progressing.

If you're a teacher, take a DP so we can work on the issues of your clients as well as your own and you'll be able to put it all to good use in the very next session you take or teach.

Here are some examples of things I've worked on in DPs. I've taught countless Developmental Privates with the specific goal of relieving chronic back and/or pelvic tightness, discomfort or pain. We can get a back to move, we can get a hip to release, we can set a safe stretching protocol, we can deconstruct any Pilates exercise in concept or specifically in performance. Still others want help in getting them the rest of the way to a Roll Up, their Teaser or whatever exercise they're stuck on. Some folks ask me to teach them every way I know to teach/perform a particular exercise. Others want to learn the repertoire on Ped-o-pul or Baby Chair; equipment they have or can afford to buy but they don't know how to use. Others want to explore particular client problems that have them stumped. Another thing I'm often asked to do in DPs is create an at-home program.

I can answer all your Pilates questions!

It's best if you come to your Developmental Private with 2—4 things that you'd like to work on; progress comes quickly when we improve your technique and if you're close to getting an exercise, I can usually pretty easily get you the rest of the way there.