

Curvy Bodies: A Deeper Look at Scoliosis



Presented by
Helen New

I am excited to offer you this all-day workshop on scoliosis - a subject that is very personal to me and something that I'm very passionate about. I hope you'll join me as we:

- debunk a few myths
- increase your understanding of scoliosis
- work out how you can best assist your clients using the Pilates Method

This workshop begins by separating the myths from the facts that surround scoliosis as well as discussing the current recommended treatment for scoliosis within the medical profession. We will then look in detail at the vertebrae and what is happening to them within a scoliotic spine. By better understanding your clients' Cobb angles and degree of rotation within them, you will be better equipped to make suitable exercise choices. During this workshop, you will:

- Observe changes in Scoliotic client at the workshop and have the opportunity to apply hands on techniques
- Understand how to "unwind" the scoliotic curves through both set up and basic breathing techniques
- Apply basic programming strategies
- Work with several Scoliotic clients to assess curvature and devise suitable programs for them

Sunday 22 July 2018, 9:00 pm – 6:00 pm (with lunch break)

Aligned for Life studios, L 4, 370 Lt Bourke Street, Melbourne

Prerequisites... This workshop runs at a Continuing Education level, for:

- fully qualified Pilates instructors
- accredited exercise scientists or exercise physiologists
- allied health professionals

Materials... will be supplied by National Pilates Training

Assessment will include... Short practical observation and a pop quiz

Continuing Education Points

PAA PDPs = 8

APMA CECs = pending

Cost \$400

How to register?

Click the [link](#) to register via MindBody Online

**national
pilates
training**



Helen New

Diploma of Professional Pilates Instruction (91491NSW)
Advanced Diploma of the Pilates Method (91490NSW)
Cert IV in Training & Education (TAE40110)
PAA member – Trainer Level 2

Owner: Precision Pilates Parkdale
Faculty Educator: National Pilates Training

Helen originally trained as a dancer and still enjoys working with dance students of all ages. Since opening her studio she has built strong networks with local allied health professionals. She enjoys working in a rehabilitative manner assisting those with chronic pain due to injury or various conditions.

She detected her stepdaughter had scoliosis when she was only 11, and so began her journey into understanding and learning more about scoliosis and how she could assist her, and ultimately her clients.