

# The Pilates on the Run Practitioner Series – 'Finding Balance'



## Maggie Macgill

- Master's Program, The Pilates Center (Colorado) - 2007
- Bachelor of Social Science
- Certificate IV in Training & Assessment (TAE40110)
- Principal instructor, Aligned for Life Pilates CBD
- Holistic Running Coach, Holistic Performance Training

Maggie is a dedicated Pilates teacher with 16 years of international teaching experience. Her clients have included sufferers of acute and chronic pain, through to professional sportspeople, Paralympians and Olympic gold medallists.

After 16 years of teaching and physical practice, Maggie has formed a clear understanding of Pilates as a highly potent life-giving practice that can support every aspect of human health.

Presented by

## Maggie Macgill

Running is an innate and natural movement pattern that can be as freeing to the body as Pilates is. In this studio series, we use the Pilates Method to teach us how to run in a way that develops inner power, optimum alignment and refined body awareness.

This series will provide you with the opportunity to:

- Become familiar with ways of doing and teaching movement that engage with the intelligence of your organ, fluid, sensory, vestibular and nervous systems; first in Pilates and then through walking and into running
- Use the Pilates Method to become familiar with skills and movement qualities that are key to supported and integrated walking, running and sprinting form
- Develop cues, imagery and teaching skills to seamlessly transfer these movement qualities into running.
- Embody the key elements of *biointelligent* running.

The series is designed to be experienced in sequential order; however each workshop is complete in its own right.

### Pilates on the Run

April - October 2018 (see overleaf for full details)

Workshop	Date	Time
1: Systems of Support	Sat 28 April	2:00 – 6:00 pm
2: Lungs of Life	Fri 25 May	2:00 – 6:00 pm
3: Palm as Portal	Sun 5 August	9:00 am – 1:00 pm
4: Freedom and Flow	Sat 13 October	2:00 – 6:00 pm

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

Materials... will be supplied by National Pilates Training

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

### Continuing Education Points

PAA PDPs = pending

APMA CECs = pending

Cost... \$200.00 per session or \$750.00 for four-part series

### How to register?

Click the [link](#) to register via MindBody Online, or contact our Course Administrator on [npt@alignedforlife.com.au](mailto:npt@alignedforlife.com.au) if wanting to complete all four workshops

## WORKSHOP DESCRIPTIONS

By exploring new ways of sensing and communicating with the body, we add to the potency of what we teach. We also enhance our ability to help ourselves and our clients to translate the language of Pilates into those realms where we are most challenged to find balance. Running is an outstanding example of this and a powerful medium for challenging our capacity to embody the method with a richness and sensitivity that can support us when we need it most.

### Workshop 1 – Systems of Support

Saturday 28 April 2:00 pm – 6:00 pm

*Sensing, sequencing and initiating movement through your organs for greater rhythm, energy and flow on the run.*

In this workshop, we use the Pilates repertoire to understand the key role our organs play in creating whole-body integration and deep abdominal support. We will then learn how to use our legs to provide the moment-to-moment support necessary to freeing up the energy of our organ systems to create powerful, flowing movement on the run.



### Workshop 2 - Lungs of Life

Friday 25 May 2:00 pm – 6:00 pm

*Taking the lightness, freedom and support of a full-bodied Pilates breath into running.*

This workshop explores how the organs and processes of respiration both support and are supported by the action of running. We use Jo's equipment and choreography to teach us how to time and sequence our movement patterns to facilitate greater respiratory volume. We then identify ways to transfer this way of moving into running so that – much like Pilates – running can become an act of respiratory support.

### Workshop 3 – Palm as Portal

Sunday 5 August 9:00 am – 1:00 pm

*Tapping into the receptivity of our palms for upper body lift and deep abdominal support on the run.*

In this workshop we use the Pilates repertoire to highlight the proprioceptive potency of our palms. We will refine the neurological connection to our palms to enhance the organisation of our upper body in a way that is simple to apply on the run. We will learn how to use our connection to our palms to facilitate a well-aligned arm drive, upper and lower body balance and deep abdominal support on the run.



### Workshop 4 – Freedom and Flow

Saturday 13 October 2:00 pm – 6:00 pm

*Moving your legs with your centre to cover more distance with less tension*

In this workshop we will use the spring to teach us how to direct the work of running into the centre of the body. We will use the equipment to give us a clear sense of how it feels to move our legs from our centre in running, and to transfer forces from our feet to our centre. The goal is to take the centred movement of our legs from Pilates into running so that we can increase our athletic capability with minimal stress to the body.

## COSTS

Complete workshops separately at a cost of **\$200.00 each**, or enrol in all four workshops for discounted rate of **\$750.00**.

Please contact our Course Administrator on [npt@alignedforlife.com.au](mailto:npt@alignedforlife.com.au) if you would like to receive the discounted rate for all four workshops, otherwise click on the [link](#) to access individual workshop enrolments.

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