



Trent McEntire

Making Connections That Matter

*What if the client cannot make the right connection?
What if your client doesn't know how to activate or move their body?
What if movements waste energy, cause more problems and get in the way of performance?*

LONDON:

Saturday & Sunday, 4 & 5 February 2012; 10am – 5pm daily

Early booking price: : £250.00 for Sat & Sun, £125.00 single day through 16 December 2011

Regular booking price: £275.00 for Sat & Sun, £137.50 single day starting 17 December 2011

Venue: Moss Pilates, 10 London Fruit Exchange, 56 Brushfield Street London E1 6HB

Capacity: 20 participants



Trent McEntire is an international Pilates educator with over 12 years of teaching and lecturing in universities, Pilates studios, physical therapy clinics, spas and athletic clubs. McEntire Pilates is a method developed out of discoveries that Trent made while rehabilitating his own severe movement limitations due to Cerebral Palsy. In an effort to overcome extreme and painful restrictions in his joints, he embarked on a personal exploration through the use of resistance bands. The resulting innovative use of resistance bands to cope with a range of movement dysfunctions is central to his PRIME Post Rehabilitation Course. He has spent over 25,000 hours with clients developing an approach to Pilates designed to help people overcome their specific movement limitations. He has created a professional instructor training curriculum that offers a step-by-step approach to learning how to teach McEntire Pilates. Trent also presents workshops throughout the US for the industry's leading associations and conferences.

Trent currently serves as the President of the Board of Directors for the Pilates Method Alliance®, www.pilatesmethodalliance.org, the industry's only non-profit professional association and third party credentialing body. He was honored to be the first Master Teacher in the U.S. for ActivCore (originating in Norway 1991). He holds a Bachelors of Fine Arts in Dance from Western Michigan University, where he was named the Presidential Scholar in Dance and earned the Irving S. Gilmore Emerging Artist Grant. His clients include elite athletes, dancers and those that have had their lives restricted by injuries, movement limitations and postural misalignments.

See next page for workshop descriptions.

To book, go to www.pilatesumbrella.co.uk/workshops.html. Register and pay with PayPal!

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Making Connections That Matter is a program about solutions. It is based on Trent's 13 years of discovering and developing information, exercises and tools for two extreme ends of the movement spectrum; clients with moderate to severe restrictions and clients that are high performance athletes.

This program is an opportunity for instructors because the demand for professionals that can help these populations grows daily. Whether you currently work with these populations or wish to gain the tools and confidence to begin seeing these types of clients, this is information you can start using immediately.

Day 1

4 February 2012, 10am – 5pm

Manual included

Exercises and tools for **Overcoming Movement Restrictions:**

- Establishing parameters and working to the edge of ability
- Multi-speed movement patterning
- Breaking the habit of inefficient connections and movement shortcuts
- Modifying the modification for the exercise
- Micro layering to gradually increase challenge and movement range
- Activate the kinetic chain and determine the pathways and intensity of the connections
- Dramatically improve the quality of life

Day 2

5 February 2012, 10am – 5pm

Manual included

Exercises and tools for **the High Performance Athlete:**

- Accounting for increased force and dynamics (throughout the kinetic chain)
- Understanding optimum movement range for any given sport
- How to counteract the imbalanced patterns of a sport
- Determining which weight bearing positions are weak
- Examining which movement directions need clarity and precision
- Keeping the athlete interested without losing track of goals and needs
- Prolong the athletic career



Both days focus on applications to your current clients and real life experiences. Attendees are encouraged to bring examples they're confronting with clients to the program for exploration and problem solving. Additionally, those instructors who fit either of these profiles are encouraged to come forward as a study case for the group.

Each day will include a manual. These will include a breakdown of each of the tools and concepts along with an organised section for taking notes on specific exercises and modifications. There are charts, diagrams and worksheets that engage the attendees to incorporate multiple learning styles.

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NOTE: Your place is only confirmed when we receive your payment; we cannot hold unpaid places.