

## PILATES EDUCATIONAL CONFERENCE (PEC)

with

Alan Herdman and Anna Maria Vitali

### “PILATES FOR EVERYBODY”

**MATWORK** with small tools, REFORMER and CHAIR

*Pilates for all ages and environments*

Rome, 18-19-20 May 2018

#### Alan Herdman

- *Moving for Life*
- *Advance Reformer Work*
- *Pilates for dancers*

#### Anna Maria Vitali

Pilates for three ages

- *Scoliosis in youth*
- *Pregnancy and post-pregnancy*
- *Osteoporosis and menopause*

### WHERE

#### BARCELÓ ARAN MANTEGNA

Via Andrea Mantegna, 130 - 00147 Roma, Italia

(check HOW TO REACH and ACCOMODATION)

[www.barcelo.com/it/alberghi/italia/roma/hotel-barcelo-aran-mantegna/](http://www.barcelo.com/it/alberghi/italia/roma/hotel-barcelo-aran-mantegna/)

### TIMETABLES

#### 1<sup>st</sup> DAY – FRIDAY 18 MAY 2018

Alan Herdman: *Moving for Life*; Anna Maria Vitali: *Scioliosis in youth*

CHECK-IN 9:00 – 9:45

Please note: you can't access the room without having checked-in before!

MORNING: 10:00 – 13:00

PAUSE 13:00 -14:30

AFTERNOON 14:30 - 18:30

(Closing hour may vary by 30 minutes in advance or late; it will be communicated 2 days before the event)

Fisicamente Formazione S.r.l.s.

info corsi- iscrizioni - eventi cell.3346987023 tel. 065295580

email: [info@fisicamentepilates.it](mailto:info@fisicamentepilates.it)

[www.fisicamentepilates.it](http://www.fisicamentepilates.it)

## **2<sup>nd</sup> DAY – SATURDAY 19 MAY**

Alan Herdman: *Advance Reformer Work*; Anna Maria Vitali: *Pregnancy and post-pregnancy*

CHECK-IN 8:50 – 9:15 (only for whom attends from Saturday on)  
Please note: you can't access the room without having checked-in before!

MORNING 9:30 -13:00  
PAUSE 13:00 -14:30  
AFTERNOON 14:30-18:00

(Closing hour may vary by 30 minutes in advance or late; it will be communicated 2 days before the event)

## **3<sup>rd</sup> DAY – SUNDAY 20 MAY**

Alan Herdman: *Pilates for dancers*; Anna Maria Vitali: *Osteoporosis and menopause*

CHECK-IN 8:50 – 9:15 (only for whom attends Sunday only)  
Please note: you can't access the room without having checked-in before!

MORNING 9:30 -13:00  
PAUSE 13:00 -14:00  
AFTERNOON 14:00-17:00

## **HOW MANY DAYS CAN I ATTEND?**

There are 3 different types of application: 3 days, 2 days or 1 day.  
There is a standard fee and there are 3 promotions for each type of application.  
The earlier you apply, the less you pay, so hurry up!  
After the FEES section, please remember to read the HOW TO APPLY.

## **FEES**

### **JANUARY PROMOTION**

#### **FIRST PROMOTION DEADLINE: 20 January 2018**

3 DAYS APPLICATION (21 hours):  
€ 380,00 (bank transfer to be done before 20 January 2018)

2 DAYS APPLICATION (14 hours):  
€ 340,00 (bank transfer to be done before 20 January 2018)

1 DAY APPLICATION (7 hours):  
€ 200,00 (bank transfer to be done before 20 January 2018)

Please read [HOW TO APPLY](#)

## MARCH PROMOTION

### SECOND PROMOTION DEADLINE: 3 March 2018

3 DAYS APPLICATION (21 hours):  
€ 420,00 (bank transfer to be done before 3 March 2018)

2 DAYS APPLICATION (14 hours):  
€ 380,00 (bank transfer to be done before 3 March 2018)

1 DAY APPLICATION (7 hours):  
€ 210,00 (bank transfer to be done before 3 March 2018)

Please read [HOW TO APPLY](#)

## APRIL PROMOTION

### LAST PROMOTION DEADLINE: 14 April 2018 (if there's still place!)

3 DAYS APPLICATION (21 hours):  
€ 450,00 (bank transfer to be done before 14 April 2018)

2 DAYS APPLICATION (14 hours):  
€ 400,00 (bank transfer to be done before 14 April 2018)

1 DAY APPLICATION (7 hours):  
€ 220,00 (bank transfer to be done before 14 April 2018)

Please read [HOW TO APPLY](#)

**FULL PRICE** after 14 April 2018  
€ 480,00 for 3 days

**PLEASE NOTE:** If you still wish to apply after 14 April, if there's still place, you'll have to pay the standard fee (€ 480,00) for 3 days or € 420,00 for 2 days

## WHO SHOULD APPLY TO THE PILATES EDUCATIONAL CONFERENCE (PEC)

It is aimed at all Pilates instructors of any school or student of any Pilates training (even if

they are not yet certified) who want to deepen the teaching of MATWORK and small tools, REFORMER and CHAIR for their group or personal lessons.

## HOW TO APPLY

1. Fill in the [online application form on our website](#), entering all required data;
1. You'll receive a detailed summary the bank transfer details by email;
2. Do the bank transfer (check your email for the amount);
3. Send an email with a copy of the bank transfer's receipt to [info@fisicamentepilates.it](mailto:info@fisicamentepilates.it).

## PLEASE NOTE:

The enrollment is considered valid upon receipt of the bank transfer copy. Please check the valid sending of the subscription form and bank transfer receipt mail. If you won't do the bank transfer before the promotion deadline, you'll automatically switch to the next available promotion.

**IN CASE OF CANCELLATION:** Cancellation must be communicated by email to [formazione@fisicamentepilates.it](mailto:formazione@fisicamentepilates.it). If the cancellation is made before 14<sup>th</sup> April the attendant may recover part of the Deposit minus € 30 and can use this quota to enroll in any other course or workshop organized by Fisicamente within 1 year from the bank transfer date. If the cancellation is made after 14<sup>th</sup> April, the Deposit is lost and cannot be used by another attendant.

If the attendant is late or has to depart earlier, he/she has no right for any refund.

Timetables may be subject to change and will be promptly notified. Retreat's fee does not include travel expenses, room and board. Fisicamente Formazione srls does not deal with bookings.

The hotel's reservations must be made directly by the attendants (see ACCOMODATION)

## WHAT IS THE PEC

The 6th Pilates Conference is specifically devoted to the theoretical and practical understanding of the main Pilates topics. It's an ideal occasion for In-depth and Up-to-date studies, where you can receive new information and useful training programs based on innovative guidelines.

This year, the conference hosts the extraordinary Alan Herdman, and Anna Maria Vitali, Director and Master Trainer of Fisicamente Pilates' training programs in Italy and abroad.

## TOPICS

Review all MATWORK materials with small tools, REFORMER and CHAIR for a "PILATES

FOR EVERYBODY" program - Pilates for all ages and for all environments, with the experience of a great master such as Alan Herdman and the great scientific competence matured by Anna Maria Vitali about the understanding of what role the Fascia has in motion.

## Alan Herdman

- **Friday 18 May: *Moving For Life*** – Alan will demonstrate and teach participants essential exercises for everyone's health. It will cover the foundations of Pilates and incorporate its principles into the movements he'll teach. It will benefit both customers and teachers.
- **Saturday 19 May: *Advance Reformer Work*** This session is suitable for both Pilates teachers and customers who practice advanced exercises on reformers. Alan will explain the fundamentals, demonstrate and analyze these exercises that will be physically and mentally challenging.
- **Sunday 20 May: *Pilates for dancers*** - The Pilates method has been associated with dancers training since the early stages, when Joseph and Clara Pilates opened their studio in New York attracting classical and contemporary dancers. Nowadays, many dance schools include in their training Mat classes and machines. Specific sequences in Mat with the small tools will be analyzed in the Studio environment, with the aim of addressing significant aspects of the dance technique including alignment, foot reinforcement for jumping, control of knee overstretch, strengthening of the external hip rotation, pelvic lobe stability, hyper-mobility of the thoracic-lumbar junction, organization of the vertebral column in the thoracic tract and the organization of the scapular limb for the bearing of the arms and the motor control in the *pirouettes*.

## Anna Maria Vitali - Pilates for three ages

- **Friday 18 May: *Scoliosis in youth***

This session has as primary purpose to allow Pilates instructors to learn to evaluate a scoliosis issue, to understand what type of movement is indicated or contraindicated depending on the type of scoliosis, especially for juvenile scoliosis.

The best exercises will then be examined to balance the posture with a program that will keep the hypermobile joints stable and mobilize the hard zones as needed.

Matwork exercises will be taught, with small tools and all the machines.

- **Saturday 19 May: *Pregnancy and post-pregnancy***

When pregnancy does not present issues, it has been shown that physical activity has no contraindications. Most important is postpartum recovery and the respect of physiological recovery times after the 9 months of pregnancy.

- **Sunday 20 May: Osteoporosi e menopausa**

Osteoporosis is a complex clinical condition that exposes the bones at risk of fracture. Often silent or ill-diagnosed and sometimes even untreated, osteoporosis requires a modified approach from Pilates to the traditional program. This workshop will teach you to:

- Recognize a client who's potentially affected by osteoporosis;
- Evaluate a safe training program, depending on the severity;
- Teach the client to prevent risk of fractures through a functional re-education;
- Actively collaborate with the health professionals;
- Learn how to work out sequences of exercises to be immediately operative.

**NOTE:** classes are held simultaneously: each presenter teaches the same class in the morning and afternoon, so you can attend both classes of the two presenters in one day.

This conference aims to provide simple and useful information for all Pilates instructors who teach both in personal and group, and bring students from any Pilates school to the teachings of Alan Herdman and Anna Maria Vitali.

What are you waiting for?

Come find out how you can create many different lessons for all types of clients in your studio or gym. Alan and Anna Maria will help you invent the new Matwork classes with or without small tools, or Reformer for a functional, new and fun class of Pilates!

## **PROGRAM**

Days will be divided into two sessions: one morning and one afternoon of about 3 hours and a half each, with a lunch break of 1 hour and a half Friday and Saturday, and 1 hour on Sunday. Le giornate verranno divise in due sessioni: una mattutina e una pomeridiana di circa 3 ore e mezza ciascuna, con una pausa pranzo di 1 ora e mezza venerdì e sabato, e di un'ora la domenica.

Each session is divided into two parts:

- A fast theoretical presentation
- A lot of practice

Students will practice Mat with small tools, Reformer and Chair, for the entire conference time, participating in all the programs held by both presenters.

## **CURRICULUM ALAN HERDMAN**

Alan Herdman studied at the London School of Contemporary Dance and was working as a teacher and dancer when, in the late 1960s, he was invited to New York to learn about the Joseph Pilates Method. There he worked intensively with Carola Trier and Bob Fitzgerald, two instructors who had been trained by Pilates himself.

Although well-regarded amongst New York's dance fraternity, Pilates was unknown in the

UK at that time and Alan returned in 1970 to set up Britain's first-ever Pilates studio. Among his first clients were actors, dancers and singers, but word soon spread as doctors and physiotherapists began recommending Pilates to patients struggling with chronic injuries. Alan now lectures on Pilates around the world, and he has written several successful books, including *The Pilates Directory* (2004), *The Gaia Busy Person's Guide to Pilates* (2003), *Pilates for Men* (2007) and *The Complete Pilates Tutor* (2014). He runs a training course for Pilates instructors in London and supervises courses in both Athens and Istanbul. As well as running his own studios, he and his assistants teach in dance schools and designated Pilates studios internationally.

Alan is the Chair of Pilates Method Alliance UK Chapter, designed to foster professional interaction and continuing education opportunities for Pilates professionals. He is invited each year to present at the PMA Conference, as well as Balanced Body's international Pilates On Tour.

## **CURRICULUM ANNA MARIA VITALI**

Anna Maria Vitali began practicing Pilates in 1980, at the London Contemporary Dance School with Alan Herdman. Professional dancer and choreographer, she graduated with honors in medicine and surgery at the Sapienza University of Rome. She combines her background as a creative and choreographer with a strong foundation in anatomy and physiology, with the study of numerous methodologies, like the Mezière and the Bertherat methods. She constantly follows physicians and physiotherapists updating courses, as Diane Lee and Andry Vleeming's.

She completed the Fascialmanipulation course of Luigi Stecco, and she cooperates with Carla Stecco as lecturer at the Faculty of Motor Science in Padua. She has been Master Trainer for Balanced Body for 10 years, and recently left to found Fisicamente Formazione, an innovative Pilates school based on new principles. She's also Fascial Fitness Master Trainer, a new method of training for the myofascial system created by Divo Muller, Daniela Meinel and Robert Schleip. She's an international presenter, known and highly valued.

## **HOW TO REACH**

BARCELÓ ARAN MANTEGNA

Via Andrea Mantegna, 130 - 00147 Roma, Italia

## **BY TRAIN TO TERMINI STATION**

BY TAXI from Termini station: 20 to 40 minutes, about 15-20€

BY PUBLIC TRANSPORT: you only need 1 ticket (purchasable from the subway's ticket machines). It costs € 1,50, and will be valid for buses and subway (1 ride) for 1:30 hours.

Inside Termini station take subway line B to Laurentina, get off after 4 stops (Piramide station)

Just next to the station take bus line 30 to Laurentina (MB) for 6 stops. Take off at COLOMBO/RUFFINO. Then walk for 850 mt. until arrival to via Andrea Mantegna 130. You'll need about 50 minutes.

OR

Get out of Termini station. Take line 714 to Palazzo Sport for 15 stops. Get off at COLOMBO/GEORGOFILI. Walk for 650 mt. until Via Andrea Mantegna 130

### **FROM FIUMICINO AIRPORT:**

#### **FROM THE AIRPORT TO OSTIENSE STATION:**

The Leonardo express gets from Fiumicino Airport to Termini station in 32 minutes. Departures every 30 or 15 (in busy hours) minutes.

First departure from Fiumicino: 6:38 a.m.; last 11:38 p.m.

First departure from Termini station: 5:50 a.m.; last 10:50 p.m.

The Leonardo express is guaranteed also in the event of a strike.

Price is 14 euro.

OR

Take the regional train ("treno regionale") from Fiumicino Airport to Ostiense station (31 minutes): price is 8 €.

#### **FROM OSTIENSE STATION TO VIA MANTEGNA**

Just next to the station take bus line 30 to Laurentina (MB) for 6 stops. Take off at COLOMBO/RUFFINO. Then walk for 850 mt. until arrival to via Andrea Mantegna 130. You'll need about 50 minutes.

### **INOLTRE**

If you want to take a walk in the evening in the center of Rome the hotel Barceló Aran Mantegna offers a shuttle service between the hotel and the city center. The service is available every day and connects the hotel to Piazza Venezia. Tickets can be bought on the bus. You can not make advance reservations, service subject to availability.

Departure from: 09:30, 10:30, 12:00, 13:30, 16:00, 17:00, 19:30 and 20:30

From Piazza Venezia: 13:00, 14:00, 16:30, 17:30, 20:00 and 21:00

NOTE: Schedules are subject to change.

### **DOVE DORMIRE**

#### **BARCELÓ ARAN MANTEGNA**

**Via Andrea Mantegna, 130 - 00147 Roma, Italia**

Please book calling (+39) 06 989 521.

There are no specific conventions with the hotel since you can find better deals online: check booking.com, tripadvisor.it, etc.





**For further info:**

**Daniela Vitali - Fisticamente Formazione S.r.l.s.- info – applications - events**

Please call (+39) 3346987023 (also WhatsApp) or (+39) 06/5295580

Or send an email to: [info@fisticamentepilates.it](mailto:info@fisticamentepilates.it)

<http://www.fisticamentepilates.it/en/>

**Fisticamente Formazione S.r.l.s.**

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