

ANNA MARIA VITALI

EXECUTIVE CURRICULUM



Anna Maria Vitali began practicing Pilates in 1980, at the London Contemporary Dance School with Alan Herdman.

She has been working as professional dancer and choreographer for more than 20 years.

In 2008 she graduated with honors in medicine and surgery at the Sapienza University of Rome.

Thesis: "The Pilates Method in the treatment of Rheumatic Diseases"

In 2008 she became Pilates Master Trainer for BALANCED BODY, Inc. in Italy, for the organization of Pilates Training courses and continuing education in Italy.

From 2008 to 2014 Anna Maria has organized annually Pilates on Tour conference in Italy, in partnership with Balanced Body Inc.

In 2014 Anna Maria founded FISICAMENTE FORMAZIONE, an education company, with the goal to organize courses related to other methods such as Fascial Training and Fascial Fitness (for which she is the only Master Trainer in Italy since 2017) in addition to the Pilates Training and Continuing Education for Pilates. In 2014 Anna Maria creates her own independent Pilates training method with new manuals, integrating the Pilates method with new principles of movement.

Since July 2009, Anna Maria has been organizing a summer conference (Retreat) which, over the past 6 years, has as its main theme the role of the Fascia in the Movement, with the participation of most of well-known presenters such as: Antonio Stecco, Carla Stecco, Andry Vleeming, Serge Grakovsky, Robert Schleip, Divo Muller, ecc

In 2014 she certified as Fascial Manipulation Therapist @ Stecco Method School.

Since 2015 she has been collaborating with Carla Stecco @ Padua University, where she co-teaches for Science Movement Course.

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'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.

In attachment all the international course (and description) held for Pilates and Yoga Teachers, Physiotherapist and Doctors around the world, in the last 10 years.

INTERNATIONAL WORKSHOPS and COURSES

2008 POT (Pilates on Tour) ROME

- **How Human Beings Learn to Run**
- **Running – Training and Rehabilitation**

2009 POT ROME

- **Reformer and Tower: A Superior Synergy**
- **Osteoporosis Program Design for Different Populations**

2010 POT ROME

- **Pelvic Girdle Analysis and Pilates Program Design**
- **EXO Chair Split Pedal: New Movements and Sequences for Group Classes**

2011 POT ROME

- **Creative Reformer with Arc and Small Equipment**
- **At the beginning the Breath**
- **"Feel yourself and start a new way to move with Pilates"**

2012 POT VENICE

- **Scoliosis and Pilates: how to prepare a Pilates exercise program for patients with scoliosis**
- **Functional Pilates Mat – the smartest way to teach a class of MAT**

2013 POT /RETREAT

VENICE – PHOENIX – MONTEGROTTO

- **Pilates Movement and the Neuroscience: how the mind trains the body and how training change your mind**
- **EXO Chair Sequences for the Thorax**
- **CONTROL, CONCENTRATION, PRECISION AND FLUIDITY – Pilates Principles and the role of the Nervous System**

2014 POT/RETREAT

VENICE – PHOENIX – MONTEGROTTO

- **Improve Pilates Mat with Step Barrel and Small Balls**
- **Fascia in Motion**
- **Training Fascia on the Chair**
- **Training Fascia on the Reformer**

POT 2015

VENICE – PHOENIX – SACRAMENTO

- **How Fascia Works: A Practical Workshop**
- **Revitalize the Mat Using Myofascial Concepts**
- **Stability and Mobility in the chest, in the neck and in the upper limb**

2017 POT

LONDON

- **Stand up – how to improve proprioception, posture and balance integrating foot, pelvis and thorax**

2018

SAN PAULO – WELLINGTON

- **FASCIA IN MOTION AND ACTION** – Discover the role of fascia in movement

and turn your way to teach

- **FASCIA in MOTION for PILATES MAT** – Review your way of teaching Pilates Matwork using the Myofascial training concepts for Proprioception, Posture and Coordination !!!
- **POST REHABILITATION WITH PILATES FOR HIP REPLACEMENT**
- **PRE AND POST PREGNANCY – AN OPTIMAL TRAINING WITH PILATES**

2019

SAN PAULO

- **FASCIA IN MOTION AND ACTION** – Discover the role of fascia in movement

and turn your way to teach

LUGANO (Switzerland)

- **FASCIA in MOTION for PILATES MAT – Review your way of teaching Pilates Matwork using the Myofascial training concepts for Proprioception, Posture and Coordination !!!**

GUANGZHOU

- **FASCIAL TRAINING – FASCIA IN MOTION AND ACTION – Discover the role of fascia in movement**

and turn your way to teach

2020

- **FASCIA for RESEARCH**

Ideation, creation and realization of the first online conference totally dedicated to the Fascia, with the participation of leading experts in the field.

Theme presented: Train the Fascial System from the surface to depth.

- **FASCIA for MOVEMENT and SPORT**

Partnership for the design, creation and implementation of an international online conference, in collaboration with Robert Schleipp and with the participation of leading experts in the field.

Theme presented: Exercises to stimulate the fascia in breathing.

2021

- **PINK FASCIA**

Ideation, creation and realization of the first international online conference dedicated to women's issues and with women's presenters.

Proposed theme: How to manage scars connected with abdominal and pelvic surgery.

- **Fascia, The Tensional Network of the Human Body**, Elsevier edition. Author of the chapter “The Diaphragmatic Structure”.

2022

- **WINTER SCHOOL**

University of Padova, Italy International online conference organized by the University of Padua, with leading scholars of the Fascial System.

Proposed theme: Role of the Fascial System in Breathing

- **FASCIA SUMMER RETREAT**

design, organization and implementation of the annual Fascia Conference.

Proposed theme: Role of fascial receptors in perception, proprioception and motor coordination.

2023

- **WINTER SCHOOL**

University of Padova, Italy

International online conference organized by the University of Padua, with leading scientists of the Fascial System.

Proposed theme: How to train the Fascial System

- **GUANGZHOU**

Fascial Training: Fascia in Motion and Action

- **BEIJING**

The Pelvic Girdle

- **ROMA Fascia Summer Retreat**

Design, organisation and implementation of the annual Fascia conference.

Proposed theme: Resilience, what role does the Fascia System play.

- **SEOUL**

Pilates for scoliosis, low back pain and post-pregnancy

2024

- **BEIJING**

Training course for Pilates teachers, Mat and Reformer program.

- **WINTER SCHOOL**

University of Padova, Italy

International online conference organized by the University of Padua, with leading Scientist of the Fascial System.

Proposed theme: Self training of the Superficial Fascia

DETAILED PROGRAM & CONTENT

POT (Pilates on Tour) 2008

ROME

How Human Beings Learn to Run (3 hours)

In this in depth workshop Anna Maria analyzes how we run by reviewing the anatomy of the lower limb including bone structure, joint mechanics and normal biomechanics. The act of running will be broken down into several phases in order to understand how to train an athlete to run better as well as how the gait is altered by common misalignments and imbalances.

Instructor: Anna Maria Vitali

Running – Training and Rehabilitation (3 hours)

Learn to create a training and rehabilitation program for runners and athletes with Anna Maria Vitali. Using a case study as an starting point, Anna Maria will present exercises on a variety of Pilates apparatus for general strengthening and for correcting common gait problems and muscular imbalances

POT 2009

ROME

Reformer and Tower: A Superior Synergy Combining the Reformer and Tower allows instructors to open the traditional training program to a new dimension and create challenging new opportunities, both for personal training and group classes. This workshop will provide you with a unique method for building new simple and dynamic programs that will make your clients more and more enthusiastic!

Osteoporosis Program Design for Different Populations (Part 1) (Anna Maria Vitali)

After reviewing the definition, pathology and contraindications for client with osteoporosis, we will analyze individual cases and learn how to prepare a functional Pilates training program for 3 different osteoporosis populations: youth, women in menopause and seniors. For each population, a specific training program will be outlined in order to optimize function, muscular strength, balance and relaxation. Please note: this is part 1 of a 2 part class.

POT 2010

ROME

Pelvic Girdle Analysis and Pilates Program Design

This workshop is designed to clarify the structure and function of the Pelvic Girdle and its relationship to the Core and Lumbopelvic Stability. Detailed information on the anatomy, kinesiology and dysfunctions of the Pelvic Girdle as well as

exercise guidelines for working with clients with low back pain, SI and pelvic dysfunctions will be presented on the Mat, Reformer, Cadillac and Chair. part 1 (Analysis) and part 2 (Exercises Guidelines)

EXO Chair Split Pedal: New Movements and Sequences for Group Classes

The New Pilates EXO Chair with Split Pedals combines the strength and power of the traditional Pilates Chair work with the flexibility of resistance tubing to create a whole new workout. Anna Maria will introduce new sequences of Exercises that improve your range of motion. Stability, mobility, control, strength, flexibility and challenge are the themes of this workshop to create innovative Pilates group programming or personal training sessions.

POT 2011

ROME

At the beginning the Breath

Objective

Learn the anatomy and physiology of breathing

Guide the customers to listen their breath

Rebalance your posture through breathing

Making fluid movement through breathing

First Section: Anatomy and Physiology of breath

- Movements of bones
- Action of the muscles
- Map of the diaphragm

Second section: Listen to the movement of breath

Use verbal cues, tactile and imaginative suggestions to release muscular tension through the breath. Reprogram the movement through the breath in basic Pilates exercises

Creative Reformer with Arc and Small Equipment

Learn new moves and challenging variations on the Reformer exercises from Master instructor Anna Maria Vitali in this practical workshop. Anna Maria's 20 years of experience combined with a remarkable knowledge of Functional Body Movement, Biomechanics and Creativity will push you and your clients to new possibility to facilitate, integrate and enhance the classical and contemporary movements. You will learn how to combine the use of small piece of equipment such as Pilates Arc, rotator disk and balls on the reformer. Be prepared to work creatively as you experience Reformer work in a whole new way.

"Feel yourself and start a new way to move with Pilates"

Sequence of movements to breath and move from the feet to the head with the support of small equipment, Therabands and Pilates Arc

- Awaken your body through the proprioception
- Enhance your awareness
- Reschedule your motor pattern
- Fluidity 'in the breath and movement
- Retrieve a rhythmic and coordinated movement

Scoliosis and Pilates: how to prepare a Pilates exercise program for patients with scoliosis

The objective of this workshop is to enable you to recognize for what types of scoliosis, Pilates can have a real benefit and how to structure a specific training program to improve quality of movement and posture.

Anna Maria will give you the tools to analyze in details the evaluation criteria to identify a structural and functional scoliosis or any diseases that can cause analgesic scoliosis. Anna Maria will teach you how to recognize the limits within which, a good Pilates instructor shall work to ensure that we remain the highest safety range in teaching.

A specific analysis will be made for those daily activities or sports, that involves repetitive movements that may influence the evolution of a functional scoliosis and how to approach this type of scoliosis.

VENICE

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A specific analysis will be made for those daily activities or sports, that involves repetitive movements that may influence the evolution of a functional scoliosis and how to approach this type of scoliosis.

Functional Pilates Mat - the smartest way to teach a class of MAT

When training with the Pilates Mat can really be considered functional? How to build a training program that can bring tangible improvements in ability and physical performance? In case of rehabilitation after injury or after an intervention, as well as for the improvement of athletic training, a functional mat training can really accelerate to achieve a complete physical recovery on the one hand and to obtain optimal sports scores on the other. Anna Maria will not give you an example of a lesson, but she will rather provide you some tools and a guideline on how to best organize a functional MAT lesson that best suits the needs of your clients

RETREAT

POT 2013

VENICE - PHOENIX

Pilates Movement and the Neuroscience: how the mind trains the body and how training change your mind

Most of Pilates teacher and practitioner are aware of its function to connect mind and body, but just few knows how to explain the reason why.

The principles of control, concentration, precision and fluidity are strictly related to the complex and diverse roles that the nervous system takes place during the execution of movements, motor acts and actions.

You will discover with this workshop that neuroscience has discovered how your mind trains your body, and how your body trains your mind.

You will learn to better integrate this knowledge in Pilates practice and teaching and you will be able to develop new teaching and training strategies and to reorganize successfully motor patterns of your customers in daily training, in sports and in rehabilitation

Objective of the Course

Understanding the motor neurons, the motor unit and muscle contraction principles.

Understanding the reflexes and proprioception.

Understand how senses integrate your movement.

Understanding motor processing levels.

Understanding motor planning and cognitive system.

The role of Mirror neurons in movement learning, training and teaching

Integrate these concepts in Pilates teaching and partitioning.

EXO Chair Sequences for the Thorax

In our daily life we quickly lose the ability to organize the movements of the chest and spine. Exo chair is an excellent tool to recover stability and mobility of this area. With this practical workshop you will learn how to organize individual or group lessons for customers of all types and discover the incredible versatility of this tool.

RETREAT

VENICE

Control, Concentration, Precision and Fluidity

Pilates Principles and the role of the Nervous System

Pilates Instructors and practitioners through the embodiment experiment the connection between body and mind, but just few of them know how that happen.

The Pilates principles of control, concentration, precision and fluidity are related to the complex and diverse roles of the nervous system during the execution of movements, motor acts and actions.

The objective of this section is to find out how this actually happens and how to use this skill to better integrate the practice and teaching of Pilates method in different environment

Objective of the Course

- . Understanding the motor neurons, motor unit and muscle contraction principles.
- . Understanding reflexes and proprioception.
- . Understand how senses integrate to movements.
- . Understand the levels of motor processing.
- . Clarify the motor planning and the cognitive system.
- . Integrate these concepts in teaching the Pilates method.

POT 2014

VENICE - PHOENIX

Improve Pilates Mat with Step Barrel and Small Balls

Learn a complete Mat program using the Step Barrel, Pilates Arc and Small Balls as well as experiencing new moves that combine the Arc and Mat. Optimizing spinal mobility is a core principle in Pilates and as you progress through the levels spinal mobility becomes more and more challenging. Beginning with simple spinal flexion and extension, we will progress through rotation and lateral flexion to develop the balance, strength and coordination required to perform the advanced exercises safely. In this workshop we will experience ways to enhance spinal mobility using the Mat using Step Barrel, Pilates Arc and Small Balls.

Fascia in Motion

Anna Maria Vitali, after completing the Fascial Manipulation® course by Luigi Stecco, has integrated his concept of Myofascial Sequence in the traditional Pilates Repertoire. The Myofascial Sequence concept is a wonderful tool to understand the real role of the fascia in proprioception and in motion, in order to evaluate an assessment in a global approach. The objective of this workshop is to review your way to teach movement and Pilates Repertoire with a different new vision, to evaluate dysfunctional patterns and elaborate a appropriate training program for your client.

Training Fascia on the Chair

Anna Maria Vitali, after completing the Fascial Manipulation® course by Luigi Stecco, has integrated his concept of Myofascial Sequence in the traditional Pilates Repertoire. Anna Maria will use the amazing 3D motion allowed by the Chair

to explain how the Myofascial Sequences should appropriately interact. You will learn how to clearly address and cue your clients in the 3 planes on the space, to increase their proprioception and flexibility

Training Fascia on the Reformer

Anna Maria Vitali, after completing the Fascial Manipulation® course by Luigi Stecco, has integrated his concept of Myofascial Sequence in the traditional Pilates Repertoire.

The Reformer is the best environment to assess and train your client using the concept of Myofascial Sequence. You will learn how to recognize dysfunctional movement and to reorganize the right patterns in your client.

POT 2015

VENICE – PHOENIX – LONDON – SACRAMENTO

How Fascia Works: A Practical Workshop

Wednesday, December 2 – Thursday, December 3, 2015, 9am to 6pm

The study of fascia is providing exciting new insights into how the body works and how to train it for lifelong well being. Using Anatomy in Three Dimensions, lecture and movement exercises, Anna Maria and Nora will help you understand how fascia works and how to work with it most effectively. The goal of this workshop is to create a practical and useful understanding of fascia for anyone who teaches movement.

Revitalize the Mat Using Myofascial Concepts

Using insights from myofascial theory, we will review the Pilates Mat exercises to refine your ability to work with sequences, modifications and programming for optimizing whole body health.

Stability and Mobility in the chest, in the neck and in the upper limb

Often we tend to consider the region of the chest, neck and skull, part of the human body rather a static part, not fully involved in the movement. We'll discover how flexible and elastic are these structures, while providing protection to human organs and vital functions, being at the same time extraordinary dynamic in motion.

Objective:

Form, dynamic and static major joints of the chest, shoulders neck and skull.

Protective role of these structures and dynamic

Muscles and fascia and their protective role, static and dynamic movement of the upper body

Evaluation of the imbalances that are generated in the upper part of the body. To explore the various elements and deeper meaning of Centering.

POT 2017

LONDON

Stand up – how to improve proprioception, posture and balance integrating foot, pelvis and thorax

This is a theoretical – practical workshop.

The purpose is explain why we should add a program in normal Pilates training related to the "stand up posture" and functional activity in upright position, like walking, running, climbing and jumping.

I will introduce and explore the experienced anatomy of the foot, the leg's bones and myofascial structure and function, the proprioceptive system and postural adjustments of our limbs starting from our feet.

I will explain the static and dynamic system of balanced related to the visual and vestibular system and their function in motor activity.

I will examine the transition of forces through the pelvis and thorax to the head.

Each session will be integrated with some test and practical sessions of exercises.

I will use only the mat and small apparatus.

It's a workshop addressed to a large population of Pilates trainer, yoga teachers, physiotherapist and sport's trainers.

2018

SAN PAOLO

FASCIA IN MOTION AND ACTION - DISCOVER THE ROLE OF FASCIA IN MOVEMENT

AND TURN YOUR WAY TO TEACH

The study of neuro-myofascial system is providing exciting new insights into how the body works and how to train it for lifelong well being.

The goal of this workshop is to create a practical and useful understanding of fascia for anyone who teaches movement.

Review the way you teach any motor activity in a more functional approach to give the right value to the role that the hands and feet, the eyes, balance and proprioception for coordination of any motor act, starting from the posture to get to more complex and dynamic movement.

Integrate now these new revolutionary principles.

This workshop is aimed at all teachers and it will allow you to transform your way of teaching Pilates in a more functional **and** intelligent way.

You, but especially your customers, will see and feel the difference!!!

WELLINGTON

FASCIA in MOTION for PILATES MAT

Review your way of teaching Pilates Matwork using the Myofascial training concepts for Proprioception, Posture and Coordination !!!

The study of neuro-myofascial system is providing exciting new insights into how the body works and how to train it for lifelong well being. The goal of this workshop is to create a practical and useful understanding of fascia for anyone who

teaches movement.

Review the way you teach any motor activity in a more functional approach to give the right value to the role that the hands and feet, the eyes, balance and proprioception for coordination of any motor act, starting from the posture to get to more complex and dynamic movement. Integrate now these new revolutionary principles. This workshop is aimed at all Pilates teachers and it will allow you to transform your way of teaching Pilates in a more functional and intelligent way.

You, but especially your customers, will see and feel the difference!!!

POST REHABILITATION WITH PILATES FOR HIP REPLACEMENT

In recent years the techniques of hip replacement surgery have taken great steps forward and with them also rehabilitation techniques. After following an adequate rehabilitation protocol it is however important to fully resume a post rehabilitation training program, in order to fully recover all the motor functionalities in normal daily life. Anna Maria Vitali with this workshop will provide you clear guidelines to help clients with hip replacement to resume a balanced workout at the end of rehabilitation through Pilates exercises.

PRE AND POST PREGNANCY - AN OPTIMAL TRAINING WITH PILATES

It is demonstrate that physical activity carried out with common sense has no particular contraindications, when pregnancy does not present complications.

More important, however, is post-natal recovery, taking in mind the physiological times of readjustment of the tissues at the end of the 9 months of pregnancy.

In this workshop Anna Maria will introduce a series of simple exercises useful to develop an optimal program to reapproach physical activity and training after pregnancy, both in the case of natural birth and in the case of caesarean section. Synthetic abstracts will be distributed, with the principles and a list of recommended exercises for MAT with small tools.

2019

GUANGZHOU

- **FASCIAL TRAINING - FASCIA IN MOTION AND ACTION** - Discover the role of fascia in movement

and turn your way to teach

FASCIAL TRAINING is an innovative training method, based on a wide range of exercises, which aims to restore strength, flexibility and agility by training the fascial system, developed by me according to the principles of Stecco's method.

The course is divided into 2 modules FASCIA in MOTION and FASCIA in ACTION.

FASCIA in MOTION

The first module includes a theoretical part that introduces the basic elements for the understanding of the evolution of the embiological development, anatomy, physiology, innervation and biomechanics of the fascial system. In this module we will review the structure of the trunk and limbs, to integrate the concept of breathing and the core, with the function of balance, vision, chewing and with that of the extremities.

It will be highlighted the role of the fascial system according to the principle of sequences by Luigi Stecco for:

- Motor Control
- Posture
- Coordination
- Strength, stability and flexibility

In the practical part I introduce the criteria of postural assessment and a series of exercises aimed at stimulating the coordination, strength and flexibility of the trunk and limbs.

FASCIA in ACTION

The second module deepen into the theoretical part, analyzing the structure of the aponeuroses, of the tendons and of the retinacoles and of the receptors lodged in the fascial system. The analysis of the structure of the trunk and limb fascias and their role in the proprioception and coordination of the dynamic activities will be completed, according to the principles of the spirals of the Stecco method.

In the practical part, the criteria of postural assessment and the study of dynamic exercises will be analyzed, aimed to stimulate proprioception, agility, and elasticity of the trunk and limbs, to optimize dynamic activities

This course is highly recommended for Physiotherapists, graduates in Motor Sciences, Personal Trainers, Pilates teachers, Yoga and all experts in movement.

Key themes:

- Components and Function of connective tissue
- Fascia components
- Aponeurotic and Epimysial Fascias
- Role of fascia in Perception and Motor coordination
- Fascia as 6th Sensory organ
- Fascia, Proprioception and Coordination

- Role of fascia in peripheral motor control and coordination
- Role of fascia in the control of joint stability and mobility
- Sequence of the trunk and of the extremities.
- Retinacula: anatomy, physiology and innervation.
- Spiral and its role in proprioception, in coordination of motor and dynamic activity.
- Spirals evaluation
- Specific exercises to improve proprioception.
- Exercises for the coordination of the trunk, upper and lower limbs.
- Exercises to improve functional and motor gesture, walking and running.
- Evaluation criteria of the fascial system, principles and exercises for:
 - Joint flexibility
 - Joint stability
 - Muscle strength
 - Muscular elasticity
 - Neuromofascial stimulation