

JEAN-CLAUDE - workshops Sydney

SYDNEY: FRIDAY – SATURDAY – SUNDAY 23-25 March 2018

VENUE: Authentic Pilates Education – 73 Justin Street Lilyfield NSW 2040

PHONE: (02) 98187611

SOLD OUT



HOSTED BY AUTHENTIC PILATES EDUCATION

73 JUSTIN STREET LILYFIELD NSW 2040

Born in Munich, Jean-Claude Nelson entered the Academy of Music at the age of 7 to study classical and modern ballet. After receiving his state diploma, he was directly engaged by the Bavarian State Ballet and soon after moved abroad to dance as a soloist with the London City Ballet, the Ballet of Monte Carlo and the Ballet of the Opera of Lyon.

After intense international touring, Jean-Claude suffered a serious knee injury that forced him to interrupt his career. In this difficult period of life he started to study the Authentic Pilates Method.

He began his training in The Hague with Marjorie Oron and worked with Romana Krysanowska, Sari Meija Santo, Sabina Formichella among many others. He received his diploma in 2006 from the internationally renowned master teacher Romana Krysanowska (True Pilates New York, Romana's Pilates).

In 2012, he decided to return to his home city of Munich to found the Bluebird Pilates Studio.

Jean-Claude has produced a series of Pilates videos that brought him worldwide recognition. He is giving workshops through Europe, Asia, North and South America.

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FRIDAY MARCH 23 2018

9am – 11am

“Precision on the Chair” 2 hrs

In this workshop we will practice a wide range of Wunda Chair exercises from basic, intermediate, to advanced levels. We will also look at how principles of placement, range of motion, balance, shape and articulation relate.

11.30am -1.30pm

"Barrel Freestyle"2 hrs

We will be using various barrels see how we can free up and open up the spine via articulations. Barrel workouts are fun and very efficient in treating thigh hips and shoulders.

1.30pm - 2.30pm LUNCH

2.30pm – 4.30pm

"Working with Imbalances” 2 hrs

Muscle and skeletal imbalances leading to postural dysfunction are very common problems. Jean Claude will look at how to address the body to correct movement patterns on various Pilates apparatus.

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SATURDAY MARCH 24 2018

9.30am – 12.30 pm

"Get long and strong on the Cadillac" 3 hrs

The Trapez Table is a wonderful piece of apparatus to teach the importance of lengthening. Jean Claude will also take a deeper look into all the different possibilities to stretch the entire body.

1.30pm - 2.30pm LUNCH

1.30pm – 4.30pm

"Head to Toe Reformer" 3 hrs

This workshop offers a unique approach in teaching Pilates by focusing on tactile cues. By learning efficient use of hand placement we can maximize our students understanding within the Pilates System and deepen their workout.

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SUNDAY MARCH 25 2018

9am – 11am

"Spread your Wings" 2hrs

This workshop will focus on how to teach proper shoulder placement and connecting the arms to the back. We will be using a variety of Pilates apparatus to address this topic.

11.30am -1.30pm

"Rhythm and Dynamics a powerful tool" 2hrs

This workshop will focus on using rhythm and dynamics to challenge your Pilates practice on the Mat. There is undeniable excitement and uplifting energy when "Rhythm and Dynamics" are incorporated. This will be a playful approach to keep your body trim and mind sharp.

1.30pm - 2.30pm LUNCH

2.30pm – 4.30pm

"Setting Goals and Progression into Advanced " 2hrs

Motivation is a very important aspect to keep your clients coming back. Setting the right goals and finding the appropriate speed to progress are keys elements to reinforce the sense of achievement.
