



Workshops *with* Tom McCook

On Balance Pilates Studio
Kailua, Hawaii

April 16 - 18, 2010

Join nationally-recognized fitness expert Tom McCook for this weekend designed to develop your skills and awaken your body's knowledge! Founder and director of Center of Balance, Tom is a certified Pilates and Yoga instructor. He is a certifying teacher for Balanced Body University and on faculty of Pilates-On-Tour. A health and fitness professional since 1984, he is ACE and PMA certified, and certified in Shiatsu, BodyCode System, and the Franklin Method. His clients include Olympic Gold Medal swimmers Natalie Coughlin, Jenny Thompson and Misty Hyman.

Posture, Alignment & Pilates Repertoire: Workshop

Friday, February 19 — 2:30pm-5:30pm

Experience the benefits of integrating the Franklin Method with Pilates! Learn what good posture actually means by looking at our structure, its function and how it has evolved. Using imagery and exercises, we'll explore efficiency of movement, joint health and a better relationship with gravity. We will apply our improved sense of function to exercises on the Reformer, Tower, Chair and Mat for structural alignment / muscular balance and conditioning.

Shoulder Girdle, Neck and Arms: Workshop

Saturday, February 20 — 10am-1pm

In this innovative workshop, we'll bridge freedom of movement with conditioning by combining the Franklin Method, Pilates exercises and Yoga Postures. You will develop a deeper understanding of the interplay of the bones and muscles of the shoulder girdle, neck and arms. You will learn to use imagery and touch to direct and perform exercise for optimal alignment, tension release and conditioning. The Reformer, Wall Unit, Chair and Mat will be used with related exercises to enhance the learning process.

Balls and Bands: Class

Saturday, February 20 — 2:30pm-4pm

Come play and learn several key exercises using the Franklin balls and Therabands to enhanced your health, movement ability and conditioning options. We will use imagery with exercises for tension release, alignment, efficiency, strength and flexibility for each area of the body. You will learn exercises performed in all positions including a standing sequence with therabands.

Mat Progression: Class

Sunday, February 21 — 8:30am-10am

This class will blend resistance stretching exercises with a progression of Pilates mat exercises for an optimal body/mind session. Emphasis will be on mechanics, proper activation, alignment, conscious breathing and flow. Enhance your ability to apply opposition, imagery and activation for a healthy balance of strength and flexibility.

Pelvis, Legs and Feet: Workshop

Sunday, February 21 — 10:30am-1:30pm

Using the Franklin Method, this interactive workshop will provide a fresh understanding of the anatomy and biomechanics of the pelvis, legs and feet. We will experience how the pelvic bones, legs and feet coordinate to create efficient, balanced movement. We will practice how to integrate it with related exercises on the Reformer, Chair, Tower and Mat with a focus on tactile cueing, imagery and refining your assessment ability. This workshop is for Pilates teachers.

Cost & Registration

Each Class: \$35 (both = \$60)

1 Workshop: \$100

2 Workshops: \$180

3 Workshops: \$250

All Sessions: \$300

Space is limited, so register early!

Call 808-262-2528 to sign up!

On Balance Pilates Studio

315 Uluniu Street, Suite 201

Kailua, Hawaii 96734

onbalancestudio@hawaii.rr.com