



SHARI BERKOWITZ & THE VERTICAL WORKSHOP

The Vertical Workshop Pilates Teacher Intensives
Comprehensive Continuing Education

Intensives

Thank you for requesting information.

The missing link in Pilates teacher education is missing no longer...

The Vertical Workshop Pilates Teacher Intensives are here!

This packet should give you answers to many of your questions.

Of course if you have more questions email Shari at info@TheVerticalWorkshop.com



WHAT YOU'VE BEEN WAITING FOR

For teachers of all styles:

- who have been searching for "more" but haven't been satisfied
- who know that their training was only a foundation for their teaching and need more
- who want to understand the human body, the value of each exercise and the Pilates method as a whole
- who want the confidence to teach various types of clients with different abilities and limitations, multiple ailments and whoever needs their help
- who want the ability to answer their own questions and develop resources for learning more
- who want to be the best teacher possible

What's involved:

- One 3-day seminar every 4 months (at host site) or work with recordings now!
 - Weekly homework (at your own location) if you choose to do the Projects
- What else?
- A remarkable manual and set of workbooks
 - Continual access to Q&A with Shari Berkowitz
 - All of your necessary CECs

On-Line/Webinar Recordings:

You can always work on this at your own pace from the recordings of the webinars!

In-Person Locations:

See theverticalworkshop.com/schedule for any upcoming in-person Intensives

Request an information packet:
info@TheVerticalWorkshop.com

See full details at:
www.TheVerticalWorkshop.com

Shari's Goals for The Vertical Workshop Pilates Teacher Intensives:

It concerns me that so many wonderful Pilates professionals find teaching a struggle. Most blame themselves. However, I suggest that most were not given the best tools to succeed.

There are ways to be a confident and thereby joyful teacher. It takes effort, of course, but does not need to be a struggle.

Your well-meaning teacher-training programs were limited in their abilities to teach you what you need. You learned exercises with more or less precision. You learned a bit about some common ailments of the human body. You may or may not have learned how to work around ailments. You likely did not learn much about how the body *really* works or how the *client's mind* works so that teaching can be effective. Perhaps you did learn some tools to teach with...but are you still using them? Were you taught the value of them? Did your teachers understand? Are you surrounded by teachers who have limited tools? Do you feel influenced by their habits?

Again, not intentionally limited programs or teachers. Well-meaning. Just not enough in the right places.

It is OK...to a point.

The Pilates world exploded remarkably quickly. A considerable amount of desperation and, every once in a while, greed drove the teacher training world into existence. This atmosphere is not one where great education thrives. It is where the *least* possible prevails.

What about "the *most* possible"?

What about a true understanding?

What about confidence?

I have been thrilled to be a resource for teachers all over the world of all styles of Pilates. As many who are reading this know, I love to share information and share ways of learning more. I can help more if we spend a concentrated amount of time learning how to develop your skills. We have many resources...our best one can be ourselves. I can teach you this.

We all have great opportunities for learning and success in all ways. The Vertical Workshop Pilates Teacher Intensives makes teaching, learning and working...enjoyable!

- Shari

About Shari Berkowitz & The Vertical Workshop

The Vertical Workshop:

The Vertical Workshop provides continuing education for Pilates teachers and fitness professionals worldwide.

Created by Shari Berkowitz in 2004, The Vertical Workshop was an actual brick and mortar studio in Beverly Hills, California. The studio housed many elements. It was a full studio for clients to train, a center where Pilates teachers would continue their education in sessions and workshops, a training facility for a full teacher training program...it was a hub of education where people enjoyed working to learn...a real workshop buzzing with energy and discovery.

Now, free from a studio location, The Vertical Workshop still provides sessions, workshops and training programs however, it has new aspects, too: continuing education products (videos, webinars, books) for teachers to continue their education from all over the world. Unattached to a studio, Shari has the ability to travel all over the world to teach and share ideas working with teachers and clients alike.

The name The Vertical Workshop says it all:

1 - As Shari is well known to teach people to focus on the lift of the spine...the vertical component of our bodies...The Vertical Workshop was a localized studio and is now an international studio of sorts where we all practice the essence of human movement and structure...the vertical lift of the spine. Staying upright and mobile is the name of the game towards health.

2 - In Pilates, as in life, we must direct our efforts into deeper understanding and appreciation of what we have. More "stuff" or exercises is not always The Way. More understanding is closer to that path. Let's work *vertically* developing profound layers of appreciation.

3 - The workshop aspect of The Vertical Workshop and what Shari seeks to provide is essential. Learning is exciting! Physical and intellectual learning are continual practices. In Shari's view, a studio is a workshop; a place to create. Fail and succeed...it's all part of the process of growth. A studio must not be a performance space. There is no performance or perfect repetition, exercise or session. Let's be excited by the growth and development!

The Vertical Workshop is more than a studio or one person. While Shari is the creator of The Vertical Workshop, it encompasses an entire ideology as well as the product of Pilates and continuing education and the Pilates teachers and clients who work The Vertical Workshop method... Movement, study, enjoyment in learning and growth...

Shari Berkowitz:

A biomechanist, ergonomist and Pilates Teacher of Teachers, Shari works to move scientific theories forward into practical application. Through her company, The Vertical Workshop, Shari researches, writes The Pilates Teacher Blog, creates Pilates continuing education products/tools, teaches workshops and sessions. While Shari's exercise vocabulary is Classical Pilates, her tools, workshops and sessions are for everyone of every style of Pilates and modality of exercise. Though originally Pilates certified by Romana Kryzanowska and formerly Power Pilates' Lead Teacher Trainer and Director of West Coast Education, Shari's teaching crosses all boundaries of style. Her varied background from a foundation of physics to her successful career as a professional dancer/singer/actress and extensive work with scientists, doctors and physical therapists gives her a rich base from which to teach.

What's Involved:

- One 3-day seminar every 4 months at the host studio OR do any or all seminars at you own pace with the webinar recordings
- If you choose to do the Projects, eekly homework including interaction with your fellow participants and Shari Berkowitz from your own location
- A remarkable manual and set of workbooks
- Access to Q&A with Shari Berkowitz and all of her resources
- All of your necessary continuing education credits (CECs)

What you'll receive:

- Teaching Tools to confidently address *any situation* you encounter in the Pilates studio
- A strong, modern biomechanics and functional anatomy education with the ability to a apply this to your teaching
- A complete understanding of your method of Pilates. This is not about one style. This is about understanding your method, the human body, the apparatus and great teaching tools!
- Upon completion of the entire program (all five seminars + all five sections of homework projects) a certificate of completion.

What this gives you:

- The deep education for what you need now
- Confidence
- Career Longevity
- More enjoyment, less stress, stable clientele...

Seminar #1

Full Body Integration...

You've had a lot of continuing education, but none of it...none of it is comprehensive. I mean...you get a lot of information, but it's all bits and pieces. Are you able to apply it all? Really? While the entire Pilates Teacher Intensives is to rectify this missing an essential element in Pilates continuing education, this first 3-day seminar "Full Body Integration" must be the basis for all that we do. What is your perspective on the human body? How much does it align with how the human body really works? How do you tie it all together with a true education and apply it to your actual teaching of Pilates? How do you take your education and make it all make sense?

In "Full Body Integration" you will learn the modern biomechanics: Biodynamics and Biotensegrity. Biodynamics is my theory of human physical movement and dysfunction. I am a biomechanics scientist and theorist in addition to being a Pilates teacher. I spend the majority of my time, in fact, developing ways for people to really understand how the body works at its best and help people return to their most able states why dysfunction occurs. Pilates is an exceptional method to return a body to health...but only if we understand how the body works and make sure what we're doing in Pilates coordinates with that.

We will explore and study:

Biodynamics (by Shari Berkowitz) and Biotensegrity (by Dr. Stephen Levin)

Functional Anatomy of The Human Body with specific detail on:

The Spine

The Pelvis

The Shoulder Girdle

The Legs

and...

we tie it all together...because we're not just bits and pieces...we are organisms.

Apply this knowledge and actions to Pilates Teaching...no matter what style you teach.

Your perspective is everything. Please let me guide your education and understanding with "Full Body Integration".

Projects (separate registration from the seminar) - Full integration of material. Weekly themes, projects and workbooks related to our previous weekend and in preparation to the next weekend.

Seminar #2

True Teaching Tools to Get and Maintain Clientele from Day One Onward

Teaching is easy when you have the right tools. A client will be your client for a very long time when s/he makes the physical changes s/he desired.

Learn how to make sure that every first session is successful. Gain confidence in knowing what to do and what not to do with the best tools possible. We will study what works and remove what doesn't, understand what First-Time and Beginner clients really need in order to stay and move forward. Getting and Maintaining your clientele takes teaching the correct actions correctly the very first time...not just the exercises, but the choice of cues and the way you behave and interpret the behavior of your clientele. This is a remarkable seminar that will support a lifetime of Pilates teaching!

Objectives:

- 1- Provide tools for teacher to confidently teach first timers
- 2 - Enhance teaching skills with applications of education in Pilates teaching
- 3 - Help create more confident teachers with a scientific rather than simply intuitive education
- 4 - Expand teaching vocabulary
- 5 - Understand how people learn
- 6 - Encourage confidence in teaching through education
- 7 - Provide ability for longevity in teaching career
- 8 - Provide tools and resources for answering questions and handling difficult situations in the studio

Apply these tools, knowledge and actions to Pilates Teaching...no matter what style you teach.

You deserve the best tools possible! Please let me share them with you!

Projects (separate registration from the seminar) - Full integration of material. Weekly themes, projects and workbooks related to our previous weekend and in preparation to the next weekend.

Seminar #3

The Keys to Pilates Success

While Beginners are most important to "hook", Intermediate clients are the heart and soul of your business. Progressing your clients in each session in the effort to achieve their and your goals is vital to maintaining and building your clientele. You want your clients there for life; not just for the moment. You want a thriving business! In this seminar, you will learn and develop all of the tools to progress and advance your clients and your business. It goes well beyond exercises. There is a layering of information that has to be carefully taught. A wasted session is never an option. Teaching is easy...with the right tools. Every choice you make can be successful and stress free.

Objectives:

- 1 - Fully understand what clients need and how Pilates can provide
- 2 - Enhance teaching skills with applications of education in Pilates teaching
- 3 - Help create more confident teachers with a scientific rather than simply intuitive education
- 4 - Expand teaching vocabulary
- 5 - Understand how people learn
- 6 - Encourage confidence in teaching through education
- 7 - Provide ability for longevity in teaching career
- 8 - Provide tools and resources for answering questions and handling difficult situations in the studio

Projects (separate registration from the seminar) - Full integration of material. Weekly themes, projects and workbooks related to our previous weekend and in preparation to the next weekend.

Seminar #4

Injuries, Ailments, Imbalances: Working Around the Big Stuff in Sessions and Group Classes

It's the rare client who has no aches or pains. Whether in a private session or a group class, we must know how to work around all that our clients bring to the hour. Each hour you teach is a remarkable improvisational performance. However, any great improviser must know the guidelines or chaos ensues. In this workshop, we'll delve into those very guidelines for issues of the spine, pelvis, spine (including neck), knees, ankles, feet, shoulder girdle, elbows, wrists and hands. We'll take time on hyper-extension of the knees and elbows. We'll also take careful consideration with osteoporosis, elderly clients, obese clients, pregnant and postpartum clients.

For each area, ailment or special case, we will work through the biomechanical implications working to understand how one compensates and how we seek to rework the biotensegrity. Additionally with special cases, we will endeavor to understand the biochemistry that affects the clients ability in the session. We must know what to watch out for to make wise choices of what to do and what not to do.

Objectives:

- 1 - Develop a strong set of guidelines for injury protocols
- 2 - Develop confidence in teaching clients with any number of physical issues
- 3 - Learn how to address joint imbalances
- 4 - Form solid resources for additional learning
- 5 - Study how to apply knowledge to teaching

Projects (separate registration from the seminar) - Full integration of material. Weekly themes, projects and workbooks related to our previous weekend and in preparation to the next weekend.

Seminar #5

Beyond the Typical Aches and Pains

It's one thing to teach an active person who has no aches and pains or the clients with typical chronic imbalances. We learn to work around ailments, but it's clearly another thing to teach a person with multiple ailments or systemic diseases. Your confidence is everything. Weekend #5 focuses on how to achieve confidence when there are many unknowns. We must go well beyond even typical ailments and delve into research of all of the "abnormal" issues we see in our clients. You will learn how to research and apply your education to teaching your clients. Comfortably apply information. You need greater confidence with clients with painful or unusual imbalances not to mention non-communicable diseases like MS, Parkinson's, soft-tissue ailments and so much more. You need a method to research, study and apply. You need resources. Every client can get a great Pilates workout...if we know how to address every client's needs. Research and application is in order.

Objectives:

- 1 - Learn how to research and apply new information to teaching
- 2 - Gain confidence in teaching all people with all ailments
- 3 - Increase clientele with the ability to teach all
- 4 - Develop resources to answer all questions

Projects (separate registration from the seminar) - Full integration of material. Weekly themes, projects and workbooks related to our previous weekend and in preparation for optional testing and future teaching.

Physiology:

Biomechanics

Functional Anatomy

Biomechanics Applications in Pilates Teaching/Doing

Teaching Tools: The deepest way of doing "Enhance Your Teaching Skills"
Actually...it's 1.5 years of Enhance Your Teaching Skills!

Touch

Voice

Rhythm

Cueing - Layering Cues

Spotting

Order of Operations - How to teach new exercises to people so they "get it". Really get it.

Critical Thinking

Psychology:

How do people learn best?

How do deal with difficult clients

How do deal with fellow teachers

How to feel comfortable with being a business person...your personal strengths

Pilates Methodology:

How do you make the most of the method that you work in: classical, therapeutic or contemporary?

Beginner on all apparatus

Intermediate on all apparatus

Some archival work

How to advance clients

Group Classes

Semi-Privates - how to teach mixed levels at the same time

Ailments:

The normal client: back aches, knee trouble, weak necks, tight hamstrings, hyper-extension...we'll get to everything.

And...how to find out what to do without my own guidance. I will give you tools. As many tools as it takes!

Apparatus:

How to understand the apparatus in a way that makes teaching and doing Pilates more accessible than ever!

Business:

How to make Pilates your career

How to make money at Pilates

Personal:

How to love Pilates...always.

Tuition and Payment Plans:

Webinar Recordings of Each Seminar:

go to <https://www.theverticalworkshop.com/continuing-education-workshops-on-demand>

and get started now!

(A simple pathway to that link is to go to theverticalworkshop.com click Pilates then Continuing Education and then go to On-Demand)

In-Person Tuition for Entire Program: Contact Shari at info@theverticalworkshop.com for current rates

In-Person Seminar-Only: Contact Shari at info@theverticalworkshop.com for current rates

Do you have questions?

Email your questions to Shari Berkowitz at info@TheVerticalWorkshop.com

Thank you!

- Shari