



DEBORAH LESSEN

July 21-22, 2012 • Santa Cruz, CA

Would you like a rare opportunity to study with Carola Trier's protege' and PMA Past-President?

Every Pilates teacher should learn about the contribution of first generation teacher **Carola Strauss Trier**. Ms. Trier had a profound influence on the direction and development of Pilates, and her **professionalism** will deepen every teacher's approach.

In this course participants will thoroughly examine:

- Concepts of Center
- Joint Release
- Breathing
- Imprinting
- Carola's Posture Assessment
- Carola's rarely seen spring series
- Correction of postural asymmetry

Duration: 12 hours

POLESTAR®

Call TheraPilates to Register
toll-free: 888-229-5334 or
online at www.TheraPilates.com

Deborah Lessen

PMA®-CPT

Immediate Past-President PMA



Deborah Lessen: *What should you REALLY know to be a Pilates Teacher?*

Course:

Visual Assessment for Pilates Teachers and Inspirations from Carola Trier

July 21-22, 2012

Approved for PMA and Polestar CEC's. Register soon, course is filling fast!!

DAY 1: VISUAL ASSESSMENT FOR THE PILATES TEACHER

The dictionary defines '**proficiency**' as 'skillfulness in the command of fundamentals deriving from practice and familiarity.' The word 'proficient' implies an **advanced degree of competence** acquired through training.

As Pilates teachers, the development of our proficiency is directly related to an **ongoing study of the movement concepts** underlying the Pilates exercise repertoire.

Deborah Lessen was trained to teach the Pilates method by **Joseph Pilates' first protégé, Carola Strauss Trier**. She has a **unique insight** and proximity to the source of our work in the Pilates industry today. Deborah will present her unique approach to understanding the movement concepts underlying the Pilates exercise repertoire. Deborah will draw from her diverse background including her work with Carola, Irene Dowd and other influences to help us define the **integral movement concepts** underlying the Pilates method.

In this course participants will thoroughly examine:

- **Concepts of Center**
- **Joint Release**
- **Breathing**
- **Imprinting**
- **Sequential Movement of the Spine**
- **Mid-back, Lumbar and Pelvic Stabilization**

During this workshop, Deborah will define each concept. Through active participation and observation, participants will refine their visual and teaching skills. They will be able to more accurately assess movement and have new methods to target and neutralize weaknesses and asymmetries, thus enabling clients to progress more quickly and with deeper understanding.

DAY 2: TRIBUTE TO CAROLA TRIER

Every Pilates teacher should learn about the contribution of first generation teacher Carola Strauss Trier. Ms. Trier had a **profound influence** on the direction and development of Pilates, and her professionalism will deepen every teacher's approach.

Deborah Lessen, a student and protégé of Carola, will introduce students to the theoretical and practical developments made to the Pilates method by **Joseph Pilates's first protégé, Carola Strauss Trier.**

The workshop will include a **biographical portrait** and will trace the professional development of her distinctive teaching philosophy and practice. Through movement, partnering sessions, and a lecture and learning workshop, participants will glean **greater insight** into the work of Carola Trier as well as their own teaching. Participants will also experience some **rarely-seen** exercises and variations from her equipment and mat work that can be applied directly to daily teaching.

Location: TheraPilates, Santa Cruz, CA

- **Date: Sat & Sun July 21-22, 2012**
- **Time: Sat & Sun 10am-5pm**
- **Teacher: Deborah Lessen, PMA®--CPT.**
- **Cost: \$475 Early, 30 days in Advance, \$495 Regular Rate**

For information, call us at 888-229-5334.

Register online at www.TheraPilates.com, or call 1-888-229-5334.

ABOUT DEBORAH:

Deborah Lessen, PMA®-CPT is an acknowledged leader in the Pilates field. A former professional dancer and teacher, she was trained to teach the Pilates method by Joseph Pilates' first protégé, Carola Trier.

Ms. Lessen founded the Greene Street Studio in 1983, which nurtures a broad base of clients in the Pilates method for general conditioning, performance specific training, injury prevention and post-rehabilitation. She has offered on-site comprehensive teacher training from 1994 to 2004.

As co-defendant in the federal trademark infringement action for use of the name "Pilates," she rallied the community to oppose the action. The Pilates name was made generic in a sweeping victory in November 1999. The victory party in New York City was the launch of the Pilates Method Alliance.

Ms. Lessen is a founding member and Immediate-Past President of the Pilates Method Alliance, serving on the Board of Directors since its inception. She was instrumental in the creation and implementation of the PMA Pilates Certification Exam, the only 3rd party credentialing exam for Pilates professionals, facilitating a broad spectrum of tenured Pilates teachers to work together toward a common goal. She is editor and a contributor to the PMA Pilates Certification Exam Study Guide and Chairperson of the PMA Certification Commission.