

Master Your Movement

A Monthly Journey with Ryan

Invest in Your Pilates Career: The Ultimate Workshop Series

Ready to elevate your Pilates teaching and deepen your understanding of movement?

Sign up for all five workshops in the *Master Your Movement* series for just \$500 and save \$125! Each workshop offers 30 days of access to the recording, but when you book the complete series, you'll enjoy THREE months of access to all the content. This means you can revisit the material, refine your techniques, and continue to grow your expertise, all while saving time and money. Don't miss out on this incredible opportunity to enhance your teaching and your practice!

Feb.8th • Wunda Chair: Bridging Movement and Daily Life

In this workshop, we'll explore how the Pilates Wunda Chair can be used to enhance and relate to everyday functional movement. Participants will learn how to integrate chair exercises that strengthen foundational movements like bending, lifting, and twisting. This session focuses on building body awareness, improving mobility, and creating practical strength for daily life tasks.

Mar.8th • The Role of Quads in Movement

Dive deep into the function of the quadriceps, exploring their role as both an active and a supporting muscle in various movements. You'll learn how to activate and manage the quads better to improve posture and movement efficiency and identify when they are too dominant or underactive through a combination of Pilates exercises and anatomical insights.

April 12th • Exploring Lat Function in Pilates

The latissimus dorsi (lats) play an essential role in many Pilates exercises and functional movements. In this session, we'll focus on when the lats are working actively and when they are engaged in a supporting role. Participants will learn to identify the role of the lats in exercises and how to activate them properly for better stability and strength, both in Pilates and daily life.

May 10th • Balancing the Rotator Cuff for Better Movement

The rotator cuff muscles are crucial for shoulder stability and movement. In this workshop, you will explore how different postures and Pilates exercises affect these muscles. Ryan will teach you how to strengthen the shoulder complex's front and back, improving your ability to move safely and efficiently while preventing injury.

June 14th • Front vs. Back: Harmony in Movement

The body's balance between flexion and extension is key to effective movement. In this workshop, you will explore how opposing muscle groups work together to create smoother, more efficient movement patterns. Through Pilates exercises and anatomical understanding, Ryan will show you how to restore harmony between the front and back of the body, developing a more functional, harmonious movement pattern.