



## **KEEPING THE FLAME**

**Teacher Mentoring (for Certified Pilates Teachers ONLY) with Jillian Hessel**

Are you searching for an experienced mentor to broaden your scope of knowledge and help you create your own unique business approach? Come study with 2nd-generation teacher Jillian Hessel for a small group intensive, 3 day immersion program, at her home Studio in Beverly Hills, CA. Registration is limited to 6 students. Registration NOW open for 2018 Sessions.

**LEVEL I: Retreat, Inspire, Review, Renew, Recharge, Refresh, Engage**  
**Saturday-Monday, March 3-5 2018 & Saturday-Monday, June 2-4 2018**

**LEVEL II: Exercise Programing for Post Re-Hab & Mis-Aligned Clients**  
**Saturday-Monday, November 3-5, 2018**

**LEVEL III: Exercise Programing for the Mature Pilates Client (age 50+)**  
**Saturday-Monday, March 24-26, 2018**

**HOURS: 9 AM - 4 PM    PRICE: \$1,095    EARN: 18 PMA CEC'S**  
**for more detailed information: <http://www.jillianhessel.com/>**

**Call 310-246-0082 or email [studio@jillianhessel.com](mailto:studio@jillianhessel.com) to enroll**

**Level I** is an Introduction to Jillian's Hybrid style of teaching, culled from her 36 years in the Pilates Industry & her experience with her mentors, who were all First Generation Teachers. We will review the posture analysis inspired by Carola Trier, the break-down & build up of exercises as taught to Jillian by Kathy Grant & the precision, specificity & spiritual inspiration found in breath & movement, as taught by Ron Fletcher. Experience Retreat & Renewal in Jillian's magical indoor/outdoor Studio space behind her home in Beverly Hills, CA!

**Level II** will explore how to individualize Pilates programs for students from special populations, including post re-hab patients & corrective exercise for unilateral conditions such as scoliosis. We will also discuss different business models, since it is no longer sufficient to be an extraordinary teacher in today's highly competitive fitness world. We need to know how to run a business & how to market it! Level II is designed to meet the specific needs of each participant. Students are encouraged to bring specific problems or questions about their teaching, or their business, for discussion & problem-solving within the group.

**Level III** focuses specifically on designing a safe & effective Pilates exercise program for clients age 50 and up. New program guidelines for training aging seniors often contradict our Pilates philosophy "you are as young as your spine is flexible." People are now living longer than ever before in history & no one wants to sit in their rocking chairs as they age! Aging Baby Boomers represent a formidable group of potential Pilates clients — and they have expendable income. This session will examine existing workout guidelines within the fitness industry for Seniors & explore how to adapt "contraindicated" Classic Pilates exercises, both on and off the Pilates apparatus to the Mature Client. Keep yourself & your mature clients challenged and fit for years to come!

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