

Rebecca Leone



WORLD CLASS, PROFESSIONAL GRADE,
100% SCIENTIFICALLY VETTED CONTENT

Teacher Qualifying Intensive

6-DAY GAP FILLER & PORTFOLIO PILATES

Teachers & clients from all lineages & experience levels welcome!

2016 OCTOBER 7, 8, 9, 11, 12, 13

COURSE IS TAUGHT IN ENGLISH ★ NO TRANSLATION ★ COURSE IS FILMED

1st 10 registrations \$1400 USD, \$1700 USD thereafter YES TO PAYMENT PLANS

All attendees receive an invitation to join my private Facebook group, Rebecca Leone Safe Spine Teachers Cooperative, where I teach once a month, for free!

DETAILED COURSE DESCRIPTION

6-day Portfolio Pilates Intensive

What you'll learn:

**The most marketable Pilates programming
harvested from classical repertoire,
made safe and customized especially for the
Professional Teacher working with the average modern client.**
Portfolio Pilates IS safe, modern Pilates!

Daily content - full descriptions down below:

Day 1 - Leone Align - Domes, Elevator, Pelvic Ring & Cross Draw

Day 2 - Biomechanical Problem Solving

Day 3 - Screening, Prepping, Problem Solving for Mixed Level Groups

Days 4, 5, 6 - Portfolio Pilates Floorwork & Limited Equipment

Detailed Descriptions

Day 1 - Leone Align - Domes, Elevator, Pelvic Ring & Crossdraw

These protocols are my original work - that means, I made them up - and they each have **3 applications** relevant to movement and the teaching of movement. That's right, you'll triple use these!

They're all 3 based on bleeding edge brain science research, and they all 3 exploit the unconscious brain's superior wisdom and use it to solve alignment and sequencing problems which are, not surprisingly, underneath a whole lot of physical compensation and pain. They all 3 are consistent with the ways Dr. Stuart McGill suggests we **avoid** back pain, and **safely** work with clients who've had back pain.

Application 1. The first and highest use of these protocols is to use them to reduce or eliminate pain. If you remember reading about or watching the videos of sessions that I've taught where clients, some of whom were in pain for decades, came out of pain, it's these "no touch, no risk" brain-science based protocols that so powerfully solve problems.

Application 2, they create as perfect an alignment as the client is capable of on any given day. Using these protocols that direct and harness the unconscious brain's superior wisdom, you don't have to spot weld the knee alignment, the rising shoulders, the wobbly ankle; the entire body, from the soles of the feet to the crown of the head, is aligned according to a plumb that is more sophisticated than anything you can see, it's more detailed than anything you can imagine, and it's even unknown to the client's *conscious* brain.

Application 3, these protocols prompt an elegant engagement of the deepest spinal muscles, the deepest pelvic muscles and the most intricate full body joint stabilizers. When those are on, surviving any seduction to release them strengthens them. That's right - These protocols foster the baseline engagement of your deepest stabilizing muscles so these protocols should be underneath our every move, lift, jump and wiggle.

Day 2 - Biomechanical Problem Solving

Here's more of my original work, which means, I was not taught these things, I made them up by applying the science of the way strength is built to the functional movements most common in the performance of Pilates.

Other than alignment, which we've dealt with on Day 1, virtually every client performance barrier is one or more of these problems:

Upper Body Float

Where's My Roll Up? Where's My Teaser?

Hip Flexion Breakdown - Attack of the Gripping Quads!

Low Back Stability & Strength Against Moving Load

Why Can't I Sit Up Straight?

In this densely packed single day course, you'll learn the progression protocols for solving each and every one of these performance challenges.

Day 3 - Screening, Prepping & Problem Solving for Mixed Level Groups

Learn how to prep new and existing clients for Portfolio Pilates mixed level groups. Out of all the problem solving content I've created, teaching you about the assumptions upon which mixed level groups are based is among the most mind-blowing. Screened and run properly, mixed level groups CAN produce significant results and CAN meet the needs of the vast majority of clients but - BUT - there has to be clarity and unwavering discipline about who gets in, what their responsibilities are in monitoring their own performance and what happens if they don't meet your agreed upon expectations.

Building on the problem solving of Days 1 & 2, Day 3 teaches you how to select and prep clients for mixed level group programming.

Once we get the hang of combining components from Days 1 & 2, we'll get the new client(s) "prep session" down to 30 or fewer minutes.

Days 4, 5 & 6 Portfolio Pilates exercises including standing work, balancing work, floorwork and limited equipment.

100% practical, we apply the problem solving from Days 1, 2 & 3, as the foundation for Portfolio Pilates.

Portfolio Pilates is 100% safe, it's unbelievably strengthening, it's perfect to apply in privates but it's true value comes roaring through when you put it to work in the teaching of mixed level groups. Should you want to earn maximum revenue - and if you don't, why not? - Portfolio Pilates prepares you to earn the most amount of money possible.

**Listen to the first 10 minutes of this podcast
to learn about the revenue limitations the industry
places on us and
that Portfolio Pilates shatters!**

<https://soundcloud.com/rebecca-leone/safety-in-numbers-who>

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For host/logistic questions, contact host Patricia:
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Payment Details:

- You must prepay to secure your registration.
- **IMPORTANT:** I have a "No Refunds" Policy for workshop registration. Listen to a full explanation of it here: <https://soundcloud.com/rebecca-leone/explanation-of-my-no-refund-policy>
- Once you let me know you'd like to register for the course, I'll send you a payment request via transferwise.com, it's a UK based wire transfer service that is the absolute safest and least expensive way to wire funds internationally. At a much higher fee base, PayPal is also available. Either way, I ask that the net of the transfer equals the total registration fee, which means initiation fees are to be covered on your end; I'll pay plenty of receiving fees on mine.



In case you don't know me, allow me to introduce myself.

I am a Pilates pioneer. I am an itinerant teacher for hire. I am an agent of change.

I am the first educator in the US to teach business development, the first in the world to launch an after-market "post graduate" educational program that strategically fills the educational gaps of comprehensively trained teachers, I was first to provide customized curriculum and exclusive access to cadaver anatomy, the first and only to develop and freely share protocols to achieve idealized alignment and solve common performance problems, the first and only to pursue the establishment of an independent safety standard credential. I am the first to launch a career as a Pilates educator by creating 100% unique content, by creating a unique solo brand, without school affiliation, without association with any other teacher or teachers, and without the support or guidance of any other entity either within or outside of the Pilates industry.

I am a self-made man! And my work has withstood tremendous professional-grade scrutiny.

No other Pilates educator's work has been vetted and scrutinized like mine; since 2005 I have taught side by side with medical school anatomy professors and my work has been approved by them. A medical school anatomy professor in whose cadaver lab I teach had this to say about my work: "100% accurate, no bullshit."

Unlike any other Pilates educator, I film my courses and give the video to every attendee, I am available for ongoing support **for free**, and I teach for free every month on my private Facebook group, Rebecca Leone Safe Spine Teachers Cooperative, where all proven safe teachers are welcome, regardless of lineage, experience level or whether or not I have ever worked with them.

I am a 2nd generation Classical teacher, I completed my Classical Pilates training in 2001 from Romana Kryzanowska, a protégé of Joe Pilates, and I am certified by the University of Washington in Sports Medicine and Human Performance. I was Pilates Method Alliance Gold Certified (which means I passed the exam prior to the study guide being published) and I've served on the PMA Board of Directors. I began teaching workshops on problem solving in the US in 2003 and internationally in 2007. Although I teach all over the world, my European headquarters are in Torino, Italy and my US headquarters are in Saint Petersburg, Florida.

Since 2007, I've written for on-line and international print magazines. My December 2011 article on Safe Spine Teaching Technique in Pilates Style magazine generated more reader feedback than any other article the magazine had run, to date. I am the creator and author of the free educational website PilatesNun.com and I have educational video websites, <https://vimeo.com/ondemand/cometoclass> & <https://vimeo.com/ondemand/howsitwork>, containing a wide variety of free and on-demand classes and lectures.

Committed to improving safety in the industry and beyond, I am currently fundraising for the creation of a spine safety 3rd party standards exam.

My mission in the Pilates industry is to complete Joe's mission – to make his work accessible to and understood by all - and to use my work to bring people to his.

Prior to entering the Pilates industry, I was a legal assistant, freelance business consultant, and recreational athlete.

Questions? I'm right here. +1 206 963 0755 Rebecca@RebeccaLeone.com