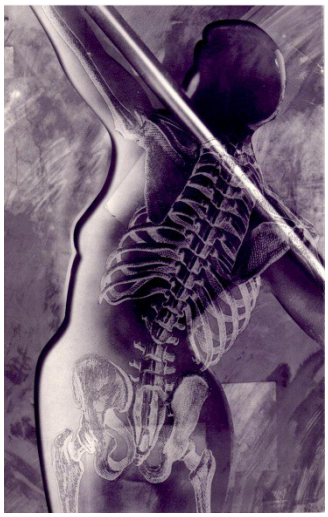
# Body Technic Systems, Inc.®

## Presents



**Pilates Based Techniques for Client Care**

Continuing Education Course for Allied Health Professionals 2015

Approved by APTA (American Physical Therapy Association)/Ohio Component

**Credit hours: 12.00 Hrs.**

2015 Dates (select one)

**Jan. 24-25 /Feb. 21-22/ Mar. 21-22**

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Conducted and presented by Sunday Homitz, LPT, BFA. Dance

Body Technic Systems, Inc (an international physical therapy and performance arts clinic, Cleveland, OH)

33790 Bainbridge Rd #205, Solon, OH 44139 /440-248-9255 (mobile 216-466-2296)

www.bodytechnic.com and info@bodytechnic.com

**Ms Homitz, LPT** brought the Pilates method of body conditioning to the Cleveland Clinic Sports Medicine section in the late 80's/ early 90's.

Ms. Homitz, has been running a Pilates school for over 20 years and has taught students and professionals from dance companies, athletic teams/organizations, physical therapists, trainers, actors, singers, allied health professionals and medical professionals from a wide variety of different disciplines. Ms. Homitz, is also adjunct faculty U of Akron Department of Theatre and Dance for 12 years teaching foundations of movement and somatic education. Ms. Homitz, founded Body Technic Systems Inc, 16 years ago, as a premier physical therapy and movement education clinic. She has also presented at IADMS, International Association for Dance Medicine & Science, given lectures/ demonstrations on this area and many other movement forms of training for Allied Health Practitioners, medical personnel and other populations.

**Agenda Saturday**

8:15am – 9:00am

Registration: career organization/attendance administration

9:00am – 10:30am

Mat Basics: technical sequences for upper body with therapeutic application

10:30am – 10:45am

Break

10:45am – 12:30pm

Mat Basics: technical sequences for lower body with therapeutic application

12:30pm – 1:30pm

Lunch

1:30pm – 3:15pm

Breathwork techniques

3:15pm – 3:30pm

Break

3:30pm – 5:00pm

Main Mat: Pilates movement vocabulary related to differential diagnoses and back/hip pelvic problems, specifically

5:00pm – 5:30pm

Q/A

5:30pm Adjourn3

**Agenda Sunday**

8:45am – 9:15am

Review

9:15am – 10:15am

Postural muscle method training: based on Pilates method of body conditioning/strengthening

10:15am – 11:00am

Break

11:00am – 12:30pm

Skills/techniques: translation of core abdominal work to upper/lower extremities

12:30pm – 1:30pm

Lunch

1:30pm – 2:45pm

Anatomical bases for Pilates: mat work and clinical therapeutic exercises

2:45pm – 3:15pm

Q/A

**Testimonial**

*I have known Ms. Homitz since 1998 when she was employed here in our Sports Medicine Section as a physical therapist… Upon completion of her Pilates certification, she became one of the first therapists in the Northeast Ohio area to institute this significant rehabilitation technique. She has since gone on to become an instructor of the Pilates technique. Ms Homitz was a valued member of our physical therapy staff, not only as a skilled physical therapist but as a teacher in her profession with a special interest in dance and movement medicine.* ***John A. Bergfeld, M.D., former Team Doctor for the Cleveland Browns and Head of Orthopedics Sports Medicine, Cleveland Clinic Foundation***

## Registration: Pilates Based Techniques for Client Care

Continuing Education Course for Allied Health Professionals 2012 conducted by Body Technic Systems, Inc.

Name_____Date_____

Name of Organization, company, school, _____

Address_____
_

City_____State_____zip_____

Phone_____mobile_____

fax_____email_____

website_____

Please enroll me in (2014) course dates listed below. Each course is one weekend:

__Jan. 24-25 __Feb 21-22__Mar 21-22

Fee: $450 SAVE $50 if registered 30 days prior to session.

Checks payable-Body Technic Systems, Inc

33790 Bainbridge Rd. Suite #205, Solon OH. 44139.

attn: Pilates based techniques for client care

440-248-WALK (9255) (office) Mobile 216-466-2296

440-248-3608 (fax)

info@bodytechnic.com

**Notes: no refunds provided once registered.** Sessions held at Body Technic Systems, Inc unless otherwise noted.

Confirmations will be sent once registered with instructions.

Credit Card, all major credit cards accepted (Mastercard, Visa, American Express) **please fax to 440-248-3608** and email plus phone in your confirmation. Do not leave any credit card information without speaking to an office representative at BTS office. You may leave a message for us to return your call.

Name_____

card #_____exp date_____

security code_____
Billing address if different than above_____

authorization_____