

Course Instructors:

Rochenda Howard

B.A. (P.E.), B.Sc.P.T., M.Sc.

Rochenda has a special interest in neuro-muscular function and motor learning and in how biomechanical, muscle and movement imbalances contribute to painful conditions.

Ms. Howard has focused exclusively on the development of a PILATES-based Physiotherapy treatment system since 1993. While based in Hong Kong Rochenda had the privilege to work extensively with the gifted Julia Ellis, a dance instructor, choreographer and Pilates guru and together they founded the successful BET Pilates Centre, Hong Kong in 1993.

Rochenda worked as a clinician and director until 2011 before returning to her native Toronto where she has established a BET PhysioPilates clinic in West Toronto.

Rochenda published the first rigorously designed research study on a Pilates based treatment intervention for Low Back Pain and is a firm believer in evidence informed clinical practice.

Rochenda is a passionate educator having co-developed with Julia the BET Pilates curriculum and has been active presenting and teaching internationally since 1996. Rochenda is fortunate to work closely with the experienced and talented Susan Ting in Vancouver to further enhance and disseminate this Pilates based treatment system.

Level I Mat BET PhysioPilates

Neuromuscular Assessment and Re-education of Posture Control

with

Pilates - based Therapeutic Exercise Interventions



BET
PhysioPilates
the science of movement
a balanced solution



Course Instructors:

Susan Ting

B.Applied Science (PT)

Susan Ting trained in Sydney, Australia. She met Rochenda Howard on her first BET course in Hong Kong in 1998. In BET she was excited to find a rehabilitation model with active muscular control re-training approach that integrates both neurological and musculoskeletal system in movement and biomechanical normalization. Susan completed formal training with Rochenda and established a BET Physio-Pilates practice in Vancouver. She continued on with formal mentorship to advance as BET course instructor.

With a background of working in neurological rehab, cardiac rehab, outpatient orthopedics, and sports physiotherapy with national and professional athletes, Susan switched clinical focus to rheumatology at the Mary Pack Arthritis Program, Vancouver Coastal Health in 2006, where she still works part-time. She is instrumental in introducing and integrating BET Physio-Pilates approach into exercise programs for Osteo and Inflammatory arthritis management, post-hip and knee joint replacement rehabilitation exercise guidelines for VCH. This approach was also integrated into the development of an advanced post-hip and knee joint rehabilitation course.

Like Rochenda, Susan also offers BET physiopilates rehabilitation approach through her own practice in Vancouver.

Course Delivery:

This course will be presented utilizing a hybrid model of on-line learning and in-studio training, followed by on-line resource support

Theoretical and clinical laboratory content Direct purchase via Embodia Academy

The online and in-person studio workshop provides theoretical concept and practical content easily integrated into your current treatment to enhance your clinical outcomes. Online follow-up support is provided.

Level I course fees and content:

Online Content: bundle \$1,495.00

Additional discount for Embodia subscription members

***pre-requisite for in person workshop.**

Online Theoretical Content:

Recorded Theory Lectures.

- Level 1a Treatment of Posture Control
- Level 1b Assessment of Posture Control

Online Practical Content:

Recorded Practical Labs.

High quality videography of all practical techniques for neuromuscular re-education detailing therapist – patient interaction

- Level 1a Treatment of Posture Control
- Level 1b Assessment of Posture Control

***Access available for one year post purchase**

**In person lab workshop in Vancouver:
October 24-25,2026: \$650 (early bird \$580
deadline July 15, 2026)**

**Additional resource library: BET
PhysioPilates** video library with detailed visual and verbal patient instruction for BET comprehensive treatment system progressions
Lifetime access

Embodia members may use this resource to provide patient exercise prescription access.

BET PhysioPilates Level 1a:

Introduction to Theoretical and Practical Neuromuscular Re-education Concepts and Pilates based Exercise Intervention.

BET PhysioPilates Level 1b:

Basic Neuromuscular Assessment and Treatment with Pilates based Neuromuscular Re-education Concepts.

In Person Practical lab and Case study workshop in Vancouver: \$650

Early bird: \$580

Completion of online course is a pre-requisite

Complimentary **treatment ball accessory** and online follow-up support resource

Class size limited to a very small group to ensure high quality teacher to participant interaction and for closely guided practice time and case study.

This is a HANDS-ON workshop. Dress comfortably.

No large Pilates equipment is utilized at this level

Additional Bonus! *FitforPhysio*

You, yourself, will benefit from the intensive training by re-balancing and changing your 'centre' while gaining a unique appreciation of

the Power of Posture!

Cortico-Neuromuscular Rehabilitation

Disrupted cortico-neuro-muscular control associated with pain, poor posture or altered 'neurobiomechanics' is a component of many chronic or recurring clinical conditions seen by physiotherapists.

BET PhysioPilates is a progressive, systematic, evidence informed therapeutic exercise system based on the Pilates Method.

This approach is designed to address specific imbalances in neuromuscular control inherent in many musculoskeletal conditions, and facilitating the restoration of balanced posture, trunk stability and pain-free movement.

The course provides a hybrid option of online learning and in person studio workshop with extensive online course resources.

