Course Instructor:

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.

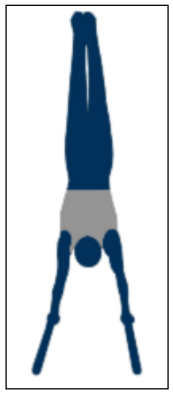
Ms. Howard has focused exclusively on the development of a PILATES-based Physiotherapy treatment system since 1993. While based in Hong Kong Rochenda had the privilege to work extensively with the gifted Julia Ellis, a dance instructor, choreographer and Pilates guru and together they founded the successful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

Location :
Physio Therapy Concepts
2425 Bloor Steet West. Unit 504, Bloor West Village. Toronto, ON, 647 748 1889;
betphyisopilates.com, rochenda@betphysiopilates.com



BET PhysioPilates

Level I Introduction to

Theoretical and Practical Neuromuscular Assessment and Re-education Concepts

for

Pilates - based Physiotherapy Interventions

Biokinetik Exercise Technique based on the PILATES method

BET PhysioPilates

the science of movement
a balanced solution

Theoretical content is presented on-line via Embodia Academy; available to purchase upon registration and for required viewing in advance of the studio sessions.

The studio sessions are based on the theoretical concepts and provide practical content and concepts easily integrated into your current treatment approach to enhance your clinical outcomes. Live case studies will be invited to aid learning. Online material will support studio sessions. This is a HANDS-ON approach. (note: *no large Pilates equipment is utilized at this level)*

Level I course fees and content:

Studio Course: 4-days: $1500.00; run over 2 weekends and includes a Pilates ball and the following online follow-up support

- Live-stream: twice monthly exercise 'class' for review of practical content and to continue to work on your own 'centre'
- Recorded practical review demonstrations
- Membership in BET online Academy
- Monthly office hours

Online Video Demonstration & Exercise Content Resource Package (via Embodia): *required $45.00 (discount for Embodia members)

Online Theoretical Content (via Embodia):
* required (discount for Embodia members):

- Introductory pre-recorded webinar
- Recorded Theory Lectures in 2 parts:
    a. Level 1a, $138.00
    b. Level 1b, $138.00

BET PhysioPilates Level Ia:
Introduction to Theoretical and Practical Pilates –based Neuromuscular Re-education Concepts and Exercise Intervention

BET LEVEL Ia: Nov. 13-14, 2021

BET PhysioPilates Level Ib:
Basic Assessment and Treatment of Neuromuscular Control with Pilates –based Exercise Intervention

BET LEVEL Ib; Nov. 27-28, 2021

Class size is restricted to 6 people at this time to ensure high teacher: participant ratio, infection control and time for closely guided practice time.

The studio course will run from 9:30 – 5:00. Dress comfortably. Appropriate infection control procedures will be followed at all times

Additional Bonus! *You will benefit from the intensive training; re-balancing and changing your **own** 'centre' while gaining a unique appreciation of **the Power of Posture!***

Neuromuscular Rehabilitation

Disrupted neuro-muscular control associated with pain, poor posture or altered biomechanics 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 is run as a hybrid model of online and studio learning with extensive online course resources.