

# **Christopher Harrison's AntiGravity®**

## **Pilates 1 Teacher Training**

### **DAY ONE**

**Registration** (30min Prior to training start) \*Based on a 9am-5pm Schedule

**Meet & Greet Welcome Circle** (15min)

#### **Introduction:**

Self Introduction. (5min)

AG Pilates Program Introduction (5min)

- Distinction of AG Techniques & AG Pilates Program- Honoring all of the work of Joseph Pilates.
  1. Language of Contrology: "You will gain more strength from a few energetic, concentrated efforts than from a thousand listless, sluggish movements." — Joseph Pilates.
  2. Class Environment...music, focus, pace.
  3. Contemporary (Anatomical) based principles.
- Objective: Listen as an AG Instructor with an open mind as a novice.

**"Open Level" Class Design** (75min)

9:30am-10:45am

#### **Instructor Trainer Responsibilities during Class:**

- **Driving home AG Branding & Philosophies.**
- **Cueing Pilates Principles (3).**
- **Incorporate "You are only as young as your spine is flexible and your mind is open." -J.P & CCH**

**Break** (5min)

**Q&A** Regarding Class & Feedback. Discussion: 3 Distinctions of Class (10min)

**Manual Ritual + Group Photo:** Manuals, Faces & Instructor Trainer (5min)

**History:** CCH, Joseph Pilates, AG Pilates- Manual p. 4-7 (15min)

**Breakdown Sequences:** Open Level (90min)

Progressions & Cues / Practice Teaching, Scans & Spotting / Practice Spotting

**Discuss:** Contemporary (Anatomical) Pilates Principles (75 min)

**BREAK** (1hr)

**AGP GWT Introduction Drill (10min)**

- Emphasize Hammock to Floor relationship changes from Fundamentals & other AG Techniques with same GWT

**Class Structure- Manual p.26 (10min)**

- Class Design Descriptions
- Emphasizing Regressions & Progressions as differentiating factors

**Contemporary (Anatomical) Pilates Principles Cueing Drills (30min)****Complete Breakdown of Sequences Open Level Class Design (90min)**

- Progressions & Cues / Practice Teaching, Scans & Spotting / Practice Spotting

**Principles Cueing Drill &/or GWT Drill (20min)**