

Kathryn Ross-Nash NY Pilates, LLC ®  
Of the American Body Tech Studio

# KATHRYN ROSS-NASH



Distinguished Instructor

Kathryn Ross- Nash

KRNNY<sup>of</sup>  
PILATES ®

The number of participants in all workshops must be approved by KRN and are limited by the space and equipment available. All Workout Workshops must have equipment for all participants.

## Workshop Information

### Full Studio

#### **The Body Before You** (1 ½ – 2 hours)

Create a work out for the individual through analyzing their work, movement and muscle balance. Use "The **RED Thread** ®" to create a workout to strengthen what is weak and challenge what is strong. The Body Before you (1 ½ hours) each exercise was created to work the body in a specific way. The order was created to build on what is worked. Learn to look at the Body Before You and implement the correct body position to work what is intended to work in each exercise. In this workshop we compare different bodies, how to find the correct position so they gain maximum benefits and work what should be worked.

**Equipment needed:** Full Studio set up

#### **Fix Your Twist**

Look at the Twist from the most simple of exercise to build it correctly throughout the system. Twisting is an incredibly important part of the Pilates Method, executed correctly it brings the spine back to neutral after flexion and extension, executed poorly and it can severely damage the spine. This workshop will teach you HOW to break down your Twist and build and use rotation for its

maximum benefits.

**Equipment needed:** Full Studio set up

### **The Connection to the Jump** (1 hour)

Build your jump from the bottom up or connect your feet to your seat for improved propulsion. Learn to use the alignment and stability of the Toe Corrector, Foot Corrector & High Chair to increase your propulsion and jumps. Find what to look at and which exercises to choose for the needs of your Students.

**Equipment needed:** Full Studio set up

### **The Red Thread ® of the Single Leg Pull** (1 hour)

If you know one exercise you have 1000 answers, if you DON'T know one exercise you have 1000 questions. Through looking at the Single Leg Pull Bent of the Mat work we will look at what exercises a Student will need to improve their work and build a better Mat. Does your Student drop their foot and they bend their knee to their chest? Do they rotate their bottom leg in and out? Does their knee drop out to the side on their flexion and extension? Do they wobble in their pelvis??? Learn where to go and what to do to teach them to fire the needed muscles to execute the exercise as prescribed.

**Equipment needed:** Full Studio set up

### **The Red Thread ® of the Swan** (1 1/2 hours)

How to build a better Swan. The Swan is a complex chest opening exercise and one of the most critical extension exercises in the Method. Learn to look at the body and see what is over working and what is underworking. the goal is to create a beautiful balanced

marriage between the muscles so everyone is doing their equal share of the work. In this workshop we will look at the Swan on the barrel and find what apparatus we should use to build a better Swan.

**Equipment needed:** Full Studio set up

### **Injuries and Application** (1 ½ – 2 hours)

Pilates is a list of exercise that cleans the body from the inside out. When an exercise is removed from the Mat or Reformer it must be executed safely on the auxiliary apparatus to fulfill the needs of the Method. We will look at a few exercises and find how to apply the method within the limits and constraints presented.

**Equipment needed:** Full Studio set up.

### **The Red Thread ® Through Footwork** (1 ½ – 2 hours)

How to see and analyze your clients needs from footwork. The purpose of footwork is to anchor and align to through the spine. The footwork sets the entire workout. We look at various students' footwork and the application of the Method to change their bodies.

**Equipment needed:** Full Studio set up

### **Building Inversions from with Strong Foundation**

How do we build inversions, which are an important part of the work and yet so often disregarded until the Advanced Level when someone tell you to do a Handstand? In this workshop we look at all the exercises and components needed PRIOR to standing on your head on the Mat or Reformer or pressing up into a Handstand.

**Equipment needed:** Full Studio set up

### **Happy Endings** (1 1/2 hours)

Always leave them smiling. Different ending used, from the Tradition to the Individual, end the lesson with a smile on their face and yours....

**Equipment needed:** Full Studio set up with room to MOVE

### **Scoliosis** (1 ½ – 2 hours)

A hands-on demonstration of padding and exercises that were developed from years of teaching clients with scoliosis. Not only does the workshop cover padding and beneficial exercises, but it also covers the do's and don'ts of working with clients with severe cases. Remembering that Pilates is a method, the workshop gives suggestions as to what to safely replace exercises with to receive the maximum benefit of the work. Please remember that everything contained in the workshop is general rules and suggestions. This workshop is not to replace hands-on training or certifications.

**Equipment needed:** Full Studio set up

### **Presenting the Work** (1 ½ – 2 hours)

Every participant will teach a 30-minute workshop on apparatus (this will be assigned upon registration) to 10 attendees (other instructors participating in the event). Each Teacher will have 5 pieces of the same apparatus to teach the ten attendees on. Teachers will be audited by Kathi Ross-Nash, Kristi Cooper & Dana Santi. At the conclusion of each 30-minute workshop, the Auditors and Attendees will give workshop feedback. It is a unique opportunity to not only learn from your personal feedback but to

also experience the work of others and their critique. Each Participant will teach one 30 Minute Workshop/Lesson to ten students and attend the 10 other workshops of their group.

**Equipment needed:** Full Studio set up

## **Mat**

### **Building a Better Base** (2 hours)

In this workshop we will look at the Foundational Mat work, the variations and equipment used to build to the goal exercise, why one would be chosen over another for specific students, as well as how to challenge the goal exercise to move forward. In this workshop **The Red Thread: The Integrated System and Variations of Pilates - The Mat** © comes to life.

**Equipment needed:** Mats & Poles

### **Pencils Down and Bottoms Up** (1 hour)

A STRONG workout! Feel the work to understand the work- no nonsense – & no notes. Space for all Students to execute Mat is needed.

**Equipment needed:** Mat Space for all Students

### **Wall Mat** (1 hour)

A STRONG workout! Feel the work to understand the importance of the Two-Way Stretch and the Point of Stability. Space for all Students to execute Mat and lay against a Wall is needed.

**Equipment needed:** Mat & Wall Space for all Students

### **The Add On Mat** ® (1 Hour)

It's Ground Hog Day! This is a strong workout designed to build flow and improve your transitions.

**Equipment needed:** Mat space for all Students

### **The Advanced Mat Work & Beyond** (1 ½ – 2 hours)

In this Workshop we look at the Advanced Level Classical Mat work and how to challenge even the strongest of strong and to achieve the purpose of each exercise and build towards the goal that Joe Pilates exercise.

**Equipment needed:** Mat space for all Students

### **Variations on the Mat – Part 1** (1 1/2 – 2hours)

#### Building Variations

So many variations and so little time... Unveil the why, what, when & who of choosing the correct variation for the needs of the Student. When the purpose of each exercise is focused on, the variation choice is simplified. In this workshop you will learn not only what to choose, but why to use one variation over another & maintain the purpose of each exercise.

**Equipment needed:** Mat Space for all Students

## **Variations on the Mat Part 2** (1 ½ – 2 hours)

### Building Variations

So many variations and so little time... Unveil the why, what, when & who of choosing the correct variation for the needs of the Student. When the purpose of each exercise is focused on, the variation choice is simplified. In this workshop you will learn not only what to choose, but why to use one variation over another & maintain the purpose of each exercise.

**Equipment needed:** Mat Space for all Students

## **The Red Thread of the Mat - Order Is Important Workshop 1** **Focus - How each exercise on the Mat Builds in a Pattern.** © (1 ½ – 2 hours)

How to correctly add Mat exercise according to clients needs & abilities. Use the method to strengthen what is weak and challenge what is strong.

This workshop looks at the connections between the Mat exercises in the classical Pilates Method. How do they build in the order of the Mat? How do we use **The Red Thread**® of spinal function to create a unique workout for the individual student? How do we know when a student is ready to move to the next level and how do we Build them to it? How do we create challenge within the exercises to move them to more depth and strength? The Mat is the Heart & Soul of the Classical Pilates Method.... **The Red Thread**® can help deepen your understanding and application of this method.

**Equipment needed:** Mat Space for all Students. Students will be moving (1 ½ – 2 hours)

## **The Red Thread**® of the Mat – Workshop 2



## **Focus – Spinal Function Thread** © (1 ½ – 2 hours)

How to correctly add Mat exercise according to clients needs & abilities. Use the method to strengthen what is weak and challenge what is strong.

This workshop looks at the connections between the Mat exercises in the classical Pilates Method. How do they build in the order of the Mat? How do we use **The Red Thread** ® of spinal function to create a unique workout for the individual student? How do we know when a student is ready to move to the next level and how do we Build them to it? How do we create challenge within the exercises to move them to more depth and strength? The Mat is the Heart & Soul of the Classical Pilates Method.... **The Red Thread** ® can help deepen your understanding and application of this method.

**Equipment needed:** Mat Space for all Students. Students will be moving © (1 ½ – 2 hours)

## **The Space Between - Transitions Mat** (2 hour)

A true Pilate's workout is one continuous flow of energy, building and deepening from beginning to end. It is not only the exercises but it is the space between them that creates this flow. Each transition, at every level of the work, is a carefully constructed link, an exercise that connects the work. These transitions, if done correctly, not only keep your connection to the Powerhouse, but also introduce and hone exercises to come. Learn to increase your flow, depth of the workout and how to move though the spaces between. Each transition is an exercise! The space between each exercise connects you to the next and prepares you for what is to come.

**Equipment needed:** Mat space for all Students

### **Refining your Classical Mat** (2 hours)

Clean it up Classically. What is the goal of the classical exercises on the Mat? Understand the technique and look at the points of stability. Understand the movement and the goals of the exercises.

**Equipment needed:** Mats

### **Hands On Your Man** (1 1/2 hours)

How to get the most out of your male clients! Move 'em or loose 'em!

**Equipment needed:** Mats

### **Anchoring and Opposition Mat - The Workout** (1 ½ – 2 hours)

Pilates is not only about what moves, but what doesn't move. Deepen your workout and experience the depth of the Two-Way Stretch. By placing a set of weights on your wrists or your ankles a new awareness is found in your own personal movement. Compensations and adjustments become visible and where and how you should anchor in opposition to the movement and respect the constraint of the exercise is understood.

**Equipment needed:** Mats, arm weights, ankle weights

### **Anchoring and Opposition Mat - The Workout** (1 ½-2 hours)

Pilates is not only about what moves, but what doesn't move. Deepen your workout and teaching by gaining a greater understanding of the points of stability in which we articulate from in each exercise. Great Hands on workshop!

**Equipment needed:** Mats

### **The Spot to Spot Mat** (2 hours)

Find the how and where to spot a client to increase their understanding of their own points of stability to deepen their practice and how to spot to protect your own body.

**Equipment needed:** Mats

### **Double Trouble Draw it to the Inside!** - The Workout (1 hour)

This workshop/workout will give you a better understanding of Joes Column of Strength! Learn where and how to use two Magic Circles for not only increase the depth of you workout, but to find the Column of Strength that draws you toward your midline. The Midline is the true core of the body. The use of the two Magic Circles will also prevent you from loosing the alignment of your Box – therefore giving you more information and understanding of not only how to move, but where to move from.

**Equipment needed:** Mats & 2 Magic Circles per Student

## **Reformers**

**The Red Thread ® of the Mat through Spinal Functions – Order Is Important – Workshop 2** (1 ½ – 2 hours)

How the Mat work not on only builds upon it's self in the Classical Order, but how it builds through Spinal Function.

**Equipment needed:** Reformers

### **The Red Thread ®Of the Reformer** (1 ½ – 2 hours)

How to correctly add Reformer exercise according to client's needs and abilities. How to use the method to strengthen what is weak and challenge what is strong

**Equipment needed:** Reformers

### **Refining your Classical Reformer** (2 hours)

Clean it up Classically. What is the goal of the classical exercises on the Reformer?

**Equipment needed:** Reformers

### **Variations on the Reformer Part 1** (1 ½- 2 hours)

#### Building Variations

So many variations and so little time... This workshop unveils the why, what, when and who of choosing the correct variation for the needs of the Student. When the purpose of each exercise is focused on, the variation choice is simplified. In this workshop you will learn not only what to choose, but why to use one variation over another and maintain the purpose of each exercise.

**Equipment needed:** Reformers

## **Variations on the Reformer Part 2** (1 ½-2 hours)

### Challenge Variations

So many variations and so little time... This workshop unveils the why, what, when and who of choosing the correct variation for the needs of the Student. When the purpose of each exercise is focused on, the variation choice is simplified. In this workshop you will learn not only what to choose, but why to use one variation over another and maintain Purpose of each exercise.

**Equipment needed:** Reformers

## **The Space Between – Reformer** (2 hour)

A true Pilate's workout is one continuous flow of energy, building and deepening from beginning to end. It is not only the exercises but it is the space between them that creates this flow. Each transition, at every level of the work, is a carefully constructed link, an exercise that connects the work. These transitions, if done correctly, not only keep your connection to the Powerhouse, but also introduce and hone exercises to come. Learn to increase your flow, depth of the workout and how to move through the spaces between. Each transition is an exercise! The space between each exercise connects you to the next and prepares you for what is to come.

**Equipment needed:** Reformers

## **The Spot to Spot Reformer** (2 Hours)

Find the how and where to spot a client to increase their

understanding of their own points of stability to deepen their practice and how to spot to protect your own body.

**Equipment needed:** Reformers

### **Anchoring and Opposition Reformer** (1 ½ – 2 hours)

Pilates is not only about what moves, but what doesn't move. Deepen your workout and teaching by gaining a greater understanding of the points of stability in which we articulate from in each exercise.

**Equipment needed:** Reformers

### **The Proper Prop on the Reformer** (2 Hours)

Find the how, when, where & why to add a prop to increase your students understanding and application of an exercise deepen their practice with the use of lesser known props.

**Equipment needed:** Reformers, Kathy Grant Foot Board, Second Short Box, Toe Corrector, Weighted Ball(s), Short pole lengths

### **Anchoring and Opposition Reformer** (1 ½ – 2 hours)

Pilates is not only about what moves, but what doesn't move. Deepen your workout and teaching by gaining a greater understanding of the points of stability in which we articulate from in each exercise.

**Equipment needed:** Reformers.

# Cadillac

## **It's All About the Bar** (1 ½ – 2 hours)

The Cadillac or Table is one of Pilate's most versatile pieces of equipment. Learn variations & workouts that focus on the Roll Back Bar & The Push Through Bar. Nothing says fun like a day at the Bar except a day at Two Bars!

**Equipment needed:** Cadillac / Wall Units

## **Killer Caddy** (1 1/2 hours)

The Cadillac or Table is one of Pilate's most versatile pieces of equipment. Created to build length & strength with Box awareness, there is nothing that can't be done on this person playground. Learn how to transform your workout here – at any level.

**Equipment needed:** Cadillac

## **The Leg Stretches from the Ground Up** (1 hour)

Correctly build your Leg Stretches to deepen the stretch and correct your alignment. Finding the correct alignment from the bottom to the top stretches the muscles that truly need stretching, the muscles that try to avoid the stretch. Learn how to see the correct align and increase the depth of the stretch by using the method to finding the correct alignment, engaging the correct muscles to stabilize the position, challenging the stability and then deepening the stretch, thus creating useful flexibility.

**Equipment needed:** Toe Corrector, Foot Corrector, Magic Circle, Ladder Barrel, Mat, Cadillac, Tower & Swedish Bars

### **The Roll Back Bar** (1 ½ – 2 hours)

So many uses – so little times. Use the roll back bar for to gain a greater understanding of how to use the box correctly while working out.

**Equipment needed:** Cadillac/Wall Units.

### **Leg Stretch Variations on Cadillac & Barrel** (1 ½ – 2 hours)

Learn fun and different variations to build and challenge your students and when and who to give them to.

**Equipment needed:** Cadillac/Ladder Barrel/Foot Corrector(s)

### **Leg Spring Variations** (1 ½ – 2 hours)

With & without Airplane board. From lying on your back, to lying on your side & finally standing. Leg springs build length and strength and challenge the stability of the box. Learn variation for the needs of your clients.

**Equipment needed:** Cadillac/Wall Units.

### **How Sexy Is Your Kitty?** (1 hour)

A GREAT exercise that moves the spine and prepares for the dynamic action of the Advanced work. You can preform this Kneeling & Standing with the with the Push Through Bar, but you can find this crazy kitty in sooooo many other exercises!!!!!!



**Equipment needed:** Cadillac

**Mat with the Wall Unit The Workshop** (1 ½ – 2 hours)

Build your Cadillac classes with increased vocabulary and variations. Learn to follow the Core Mat order while utilizing the Wall Unit to increase the benefits of your work out at every level of training.

**Equipment needed:** Cadillac

**Reformer with the Wall Unit The Workshop** (1 ½ – 2 hours)

Build your Cadillac with increased vocabulary and variations. Learn to follow the Core Reformer order while utilizing the Wall Unit to increase the benefits of your work out at every level of training.

**Equipment needed:** Cadillac

## Wall Units

**Mat with the Wall Unit The Workshop** (1 ½ – 2 hours)

Build your Tower/Wall Unit classes with increased vocabulary and variations. Learn to follow the Core Mat order while utilizing the Wall Unit to increase the benefits of your work out at every level of training.

**Equipment needed:** Wall Units

**Reformer with the Wall Unit The Workshop** (1 ½ – 2 hours)

Build your Tower/Wall Unit classes with increased vocabulary and variations. Learn to follow the Core Reformer order while utilizing the Wall Unit to increase the benefits of your work out at every level of training.

**Equipment needed:** Wall Units

### **Mat with the Wall Unit The Workshop** (45 minutes)

Build your Tower/Wall Unit classes with increased vocabulary and variations. Learn to follow the Core Mat order while utilizing the Wall Unit to increase the benefits of your work out at every level of training.

**Equipment needed:** Wall Units for each Student

### **Reformer with the Wall Unit The Workout** (45 minutes)

Build your Tower/Wall Unit classes with increased vocabulary and variations. Learn to follow the Core Reformer order while utilizing the Wall Unit to increase the benefits of your work out at every level of training.

**Equipment needed:** Wall Units for each Student

## **Chairs**

### **The High Chair Workout** (1 hour)

With a deep focus on stability, the amazing High Chair is a safe place to introduce many of the Wunda Chair exercises and develop a greater understanding of the Box and where to stabilize in each

exercise. This apparatus truly works Joe's Powerhouse – the buttocks, stomach and thigh.

**Equipment needed:** High Chairs for half of the Students

### **The Wunda and Twist** (1 1/2 hours)

The Wunda Chair is known for its ability to build strength. Rotation is integrated into our every day life. It resets the spine to balance and increases your breath. Learn how to properly use the Chair to build the strength needed for the advanced and super advanced Reformer exercises. Build your Twist from seated – to standing to side lying and above. One arm leads to side bending, which is the mother of Twisting. Create lengthen, stretch and strength by increasing your Twist on the Wunda Chair. The Wunda can provide and teach the points of stability and oppositional forces used and implanted through out the method and applied to rotation. Learn how to use this Wundaful chair in all its glory to find new depth in your Twist.

**Equipment needed:** Wunda Chairs for half of the Students

### **The Baby Chair** (1 ½ – 2 hour)

No one leaves Baby in the Corner! Learn the “Lift” of Pilates and how amazing this little Baby can be!

For years Baby sat in the corner – “It's for old ladies and delicate dancers” we were told. So for years Baby sat...off to the side and out of the light. This workshop will change your mind about the Arm/Baby Chair! It contains exercises that challenge the strongest of strong. The Arm/Baby Chair teaches us the missing component in the Pilates of today. It teaches us how to lift and engage our Powerhouse in the correct manner. You will learn to move with length in two directions from a strong center. The Arm/Baby Chair connects the front body to the back body and then both more deeply into the Powerhouse. Unique to this workshop,

you will not only learn the how of each exercise, but the why, when and what. Why would I choose the Baby Chair instead of the Cadillac? When would I add a spot, bar or Magic Circle, What is the purpose of this exercise and how does it connect to the work of Pilates? Once again, THE RED THREAD® is woven and the connection is understood between the Mat and Reformer to increase a greater understanding of Pilates as a Method.

**Equipment needed:** Baby Chairs for half of the Students

### **Wunda Chair Variations** (1 ½ – 2 hours)

Play on the Wunda Chair and learn variations to build and spice up your work out! How do we break down the work to build to the most challenging of exercises? How do we spot these exercises and who needs them?

**Equipment needed:** Wunda Chairs for half of the Students

### **Bottoms Up!** (1 1/2 hours)

A Wunda chair workout focusing on the exercises to strengthen and work the engine of the powerhouse – your bottom!

**Equipment needed:** Wunda Chairs for half of the Students

### **Build Your Wunda Chair with Your High Chair –** (2 hours)

Learn variations that build your Stability on the High Chair before developing your Strength on the Wunda Chair. This workshop can totally change your understanding of the exercises and deepen your practice.

**Equipment needed:** High Chairs & Wunda Chairs for a third of the

Students

### **Wunda Chair Red Thread of the Snake & Twist (2 hours)**

Play on the Wunda Chair and learn how from the very moment you begin your work on the Chair you are developing the building blocks for the ultimate expression of Stretch, Strength & Control.

**Equipment needed:** Wunda Chairs for ½ the Students.

### **High Chair Red Thread of the Semi-Circle (2 hours)**

Does your Semi-Circle wobble & shift to and fro? Work on the High Chair and learn how to develop the building blocks and the Stretch, Strength & Control needed for this intense exercise.

**Equipment needed:** High Chairs for half of the Students

## **Barrels**

### **The Spine Corrector Workout (2 hours)**

Does your chest need opening? Is your hip hinge closed? Does your spine need to open? Well this is the workout for you! A full workout to open your chest, open your hip and free your spine! Truly YUMMY! And truly TOUGH!

**Equipment needed:** Spine Correctors for half of the Students

### **The Ladder Barrel (2 hours)**

The most supportive stretch in the studio! The Ladder Barrel is only used for a few exercises in most studios – but this is a place where you can spend so much time in preparation for exercises of all levels! From the tiniest of movements – to a chart wheel off! This Barrel is a Barrel of fun.

**Equipment needed:** Ladder Barrels for a third of the Students

## Small Equipment

**Double Trouble – The Two-Foot Corrector Workshop** (1 hour)

Build your alignment from the bottom up. The footwork sets up your entire workout. Learn how to use Two Foot Correctors to correct and inform your students of their alignment habits. Two is definitely better than one!

**Equipment needed:** 2 Classical Foot Correctors – Ballet Barres or Wall Space, Long Poles

**Build Before You Split**

This Front Split Progression safely builds your Front Splits with a solid foundation. Using the Foot Correctors develop the alignment, strength and stability needed before moving your work to the Reformer.

**Equipment needed:** 2 Classical Foot Correctors – Ballet Barres or Wall Space, Long Poles

**The Toe Corrector** (1 hour)

Fix your alignment from the bottom up! Better know as connect your foot to your A...

**Equipment needed:** Toe Correctors for all Students

**Fix your Feet** © (1 ½ – 2hours)

Foot Rolling, Marbles, Towels, and Foot Corrector, Toe Corrector and more. Look and improve alignment from the bottom up!

**Equipment needed:** Paper, Pencils, Toe Correctors, Towels, Poles, 2x4's & Wall Space

**Long & Short of the Long Pole** (1 hours)

How to use the Long Pole to open, twist, bend, and balance the body.

**Equipment needed:** Long Poles

**Build Your Wunda Chair with your Electric Chair:** (1 ½ – 2 hours)

How to use the High Chair to build or challenge the Wunda Chair exercises. Truly® deepen your work and your understanding of the exercises

**Equipment needed:** Long Poles, 2x4, Wunda Chair, Pads

For information:

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