

POLESTAR
india

POLESTAR PILATES TRANSITION COURSE

(By Shelly Power)

International Qualification with accreditation by
Pilates Method Alliance (PMA)



MOVING THE WORLD FOR 30 YEARS

Polestar Pilates was founded in 1992 by Dr. Brent Anderson, whose unique blend of expertise in physical therapy and movement science has positioned Polestar as a leader in the Pilates community.

Dr. Anderson's journey began with a desire to improve the quality of life for individuals through a deeper understanding of movement. His commitment to holistic health and innovative approach to Pilates has shaped Polestar's philosophy and methods.

Active in over 50 countries and 90 cities around the world:

Polestar Pilates has a global presence with education centers and certified instructors in over 50 countries. Our international community is committed to fostering a culture of continuous learning, professional development, and collaboration. Through our innovative programs and dedicated professionals, we strive to elevate the standard of Pilates practice worldwide.



COURSE INTRODUCTION

Transition Intensive

The Polestar Transition course is an intensive 6-day course. Throughout the course, participants will receive lectures on relevant topics supported by online materials, will review exercise labs on five of the Pilates apparatus – Reformer, Trapeze Table, Chair, Ladder Barrel, Spine Corrector and Mat, learn the Polestar Screening/Assessment Tool and practice program design and adaptations for different populations.

Prior to the onsite training, students are required to watch the Polestar Principles videos, the Exercise Teaching Videos, and special topic videos. These videos are found in Polestar Online Transition Intensive Course under Content.

Onsite Course

Each day will consist of a review of the repertoire and labs, Screening, and case studies. Students will have the opportunity to demo and teach the exercises with feedback from fellow participants and from senior educator Shelly Power.

Homework assignments need to be submitted online within 3 months from the last day of the course to receive feedback. The homework assignments and the logbooks are discussed during the course.

THE PROGRAM CAN TAKE YOUR TEACHING TO THE NEXT LEVEL:

- **Introducing Polestar's Methodology:** You will learn how Polestar incorporates critical thinking, assessment techniques, problem-solving, and modifications into their Pilates programs. This expanded knowledge will deepen your understanding of movement and enable you to approach teaching from a more comprehensive and informed perspective.
- **Advanced Cueing Techniques:** You will learn how to use precise and effective cues to guide your clients through Pilates exercises, enhancing their understanding, body awareness, and overall experience. These advanced cueing techniques will elevate your teaching skills and help you deliver more engaging and impactful sessions.
- **Client-Centered Approach:** Learn how to assess clients' movement patterns, strengths, limitations, and specific needs. This personalized approach enables you to tailor Pilates programs to each individual, ensuring that you address their goals, challenges, and aspirations effectively. By adopting a client-centered approach, you can provide a more fulfilling and transformative Pilates experience for your clients.



THE PROGRAM CAN TAKE YOUR TEACHING TO THE NEXT LEVEL:

- **Comprehensive Repertoire Expansion:** Learn exercise variations and progressions that can be incorporated into your existing teaching repertoire. This expanded repertoire will allow you to provide your clients with a wider range of options and modifications, catering to their individual needs and preferences.
- **Assessment Techniques:** The Transition Intensive Program includes training in advanced assessment techniques. You will learn how to conduct thorough movement assessments, identify limitations and compensatory patterns, and develop customized Pilates programs to address these issues. These assessment skills will enhance your ability to design targeted and effective Pilates sessions that support your clients' overall well-being and movement goals.
- **Integration of Polestar Principles:** Throughout the Transition Course, you will explore how Polestar's principles of movement can be applied in practice. These principles provide a framework for understanding movement patterns, alignment, and efficient biomechanics. By integrating Polestar's principles into your teaching, you will enhance your ability to analyze movement and make informed decisions about exercise selection, modifications, and progressions.



ABOUT SHELLY POWER

Shelly is a senior Polestar faculty member with 30+ years of teaching nationally and internationally and works closely with the Polestar licensees and senior educators. As a frequent presenter at international fitness and Pilates conferences, Shelly brings a unique and fresh approach to the work of Joseph Pilates.

She studied Pilates and worked as a physical therapy aide with Polestar President Brent Anderson at his first clinic, Anderson Physical Therapy. Shelly has a certification in GYROTONIC®, having trained with Angela Crowley, and has completed the Franklin-Method® training with Eric Franklin. She has been a member of the International Association for Dance Medicine & Science (IADMS), is a member of the Pilates Method Alliance, and is a Nationally Certified Pilates Teacher.



Dates / Pricing

Session 1: January 30th – February 1st

Session 2: February 3rd – February 5th

Location: Pace Pilates Delhi

Price: 290.000 INR

Enrollment is based on interview.

For inquiries, contact us on polestarindia@gmail.com
or +91 99715 21000 (Ritika Puri – Pace Pilates)