

## JEAN-CLAUDE - workshops Sydney

**SYDNEY:** FRIDAY – SATURDAY – SUNDAY 23-25 March 2018 **VENUE:**  
Authentic Pilates Education – 73 Justin Street Lilyfield NSW 2040 **PHONE:**  
(02) 98187611

**SOLD OUT**

**HOSTED BY AUTHENTIC PILATES EDUCATION**

73 JUSTIN STREET LILYFIELD NSW 2040



Born in Munich, Jean-Claude Nelson entered the Academy of Music at the age of 7 to study classical and modern ballet. After receiving his state diploma, he was directly engaged by the Bavarian State Ballet and soon after moved abroad to dance as a soloist with the London City Ballet, the Ballet of Monte Carlo and the Ballet of the Opera of Lyon.

After intense international touring, Jean-Claude suffered a serious knee injury that forced him to interrupt his career. In this difficult period of life he started to study the Authentic Pilates Method.

He began his training in The Hague with Marjorie Oron and worked with Romana Krysanowska, Sari Meija Santo, Sabina Formichella among many others. He received his diploma in 2006 from the internationally renowned master teacher Romana Krysanowska (True Pilates New York, Romana's Pilates).

In 2012, he decided to return to his home city of Munich to found the Bluebird Pilates Studio.

Jean-Claude has produced a series of Pilates videos that brought him worldwide recognition. He is giving workshops through Europe, Asia, North and South America.

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AUTHENTIC PILATES EDUCATION

AUSTRALIA - NEW ZEALAND - UNITED KINGDOM

## SCHEDULE

**FRIDAY MARCH 23 2018**

**9am – 11am**

### **Precision on the Chair" 2 hrs**

In this workshop we will practice a wide range of Wunda Chair exercises from basic, intermediate, to advanced levels. We will also consider how principles of placement, range of motion, balance, shape and articulation relate to.

**11.30am -1.30pm**

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### **"Barrel Freestyle"2 hrs**

Using various barrels to free and open up articulations. Barrel workouts are fun and very efficient in treating thigh hips and shoulders.

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**1.30pm - 2.30pm LUNCH**

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**2.30pm – 4.30pm**

### **"Working with Imbalances**

Muscle and skeletal imbalances leading to postural dysfunction is a very common problem. We will look at how to address the body to correct movement patterns on various Pilates apparatus.

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**JEAN-CLAUDE - BLUEBIRD PILATES - WORKSHOPS**

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**SATURDAY MARCH 24 2018**

**9.30am – 12.30 pm**

**"Get long and strong on the Cadillac" 3 hrs**

The Trapez Table is a wonderful apparatus to teach the importance of lengthening. We will also take a deeper look into all the different possibilities to stretch the entire body out.

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**1.30pm - 2.30pm LUNCH**

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**1.30pm – 4.30pm**

**"Head to Toe Reformer" 3 hrs**

This workshop offers a unique approach in teaching Pilates by focusing on tactile cues. By learning efficient use of hand placement we can maximize our students understanding within the Pilates System and deepen their workout.

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**SUNDAY MARCH 25 2018**

**9am – 11am**

**"Spread your Wings"** This workshop will focus on how to teach proper shoulder placement and connecting the arms to the back. We will be using a variety of Pilates apparatus to address this topic.

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**11.30am -1.30pm**

**"Rhythm and Dynamics a powerful tool" 2hrs**

This workshop will focus on using rhythm and dynamics to challenge your Pilates practice on the Mat. There is an undeniable excitement and uplifting energy when incorporated. A playful approach to keep your body trim and mind sharp.

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**1.30pm - 2.30pm LUNCH**

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**2.30pm – 4.30pm**

**"Setting Goals and Progression into Advanced "**

Motivation is a very important aspect to keep your clients coming back. Setting the right goals and finding the appropriate speed to progress are keys elements to reinforce the sense of achievement.

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