



Requirements for Hosting a Training

The Center for Women's Fitness offers the following brands



The Center for Women's Fitness

- The umbrella organization for all the other brands listed here. This brand offers all the courses from the other brands and offers certificates of completion for the individual courses.



The Center Method for Diastasis Recti Recovery™- 2000-present

- A unique program that has been developed and researched for over 20 years culminating in a highly successful technique with proven results.
- This brand has both live and on-line courses and is implemented in studios worldwide.



Carolyne Anthony's Women's Health and Exercise™ Certification-2010-present

- Designed and developed this certification using well-known brand names such as The Pink Ribbon Program, Buff Bones and programs by Dr Suzanne Martin to name a few.
- Implements these programs in gyms and studios worldwide.



The Gentle Birth Project™- 2010-present

- This brand brings education and empowerment to the pregnant and postpartum client including pelvic floor health, beneficial exercises, nutrition and the traditional art of massage and binding.
- Developed, designed and implemented all required modules with existing brand names.



Rocking and Rolling to Release™- 2012-present

- The application of myofascial release taken from studying with John F. Barnes, Robert Schleip, Thomas Myers and others in the field of fascia.

Courses

Price list- all material included and CECs

Course	Price per person USD	CECs
Rocking and Rolling to Release™	400	PMA 8 ACE 0.70 PAA 4
Support your Floor™	350	PMA 10 ACE 0.70 PAA 3
3 Day Pre and Post-natal Pilates Specialist™ (includes diastasis recti course)	1000	PMA 20 ACE 2.20
2 Day Pre and Post Natal Pilates Specialist™ (includes pelvic floor)	750	PAA 15
2 Day Pre and postnatal Health and Group Exercise Specialist™	750	
Pilates for Menopause™ Mat and Equipment	800	PMA 16 ACE 0.80 PAA 15
Pilates for Menopause/Group Exercise™ Mat only	400	
The Center Method for Diastasis Recti Recovery™	400	PMA 6 ACE 0.90 PAA 4
The Gentle Birth Project™ – All four modules	1000	
Pre and Postnatal Group Reformer Workshop	400	PMA 7

Hosting

Open registration

- The Center for Women’s Fitness will post the course online through the website and social media
- The Center will manage all administration and registration
- The Center will cover all travel and accommodation expenses
- The Center will print and ship all manuals and materials to Host site.
- Host site will promote the course
- Host site will receive 15% of registration minus the cost of printing and shipping of manuals and materials
- Minimum numbers are 12 for each course.

Closed registration/In-house/Flat fee rate

- Host site will manage all administration and registration
- Host site will promote all courses
- Host site will pay a daily fee of US\$1500 teaching fee for the first 15 participants and thereafter will pay US\$2000 per day for 16-24, US\$2500 for 25+ participants.
- Host site will pay for printing and shipping of manuals

- Host site will pay all travel expenses
- Minimum numbers are at Host Site discretion

Courses

Rocking and Rolling to Release™

The Center's 1 day 8-hour Rocking and Rolling to Release course has been a long time in the making. The Center has designed this course with the view of using rocking movements in different body positions to activate both muscular, bony and fascial release and rolling on a ball to further enhance release. This course is a pre-requisite for our entire curriculum.

Course Description

This course will take the instructor or client through a series of body positions and sequences combined with rocking movement that will activate the body's innate sense of fascial, bony and muscular release. Balls are used to further enhance the release through rolling and hands on assist techniques

Course objectives

- To understand the function of the muscles and the planes of motion
- To understand fascial connections
- To understand tension free movement and its effect on the body
- To understand our primal need to rock
- To understand how to implement this movement into class design

Course outline

Lecture

- Overview of muscle function and planes of motion
- Overview of the fascial lines and fascial body
- Primal movement- circles, spirals and oppositional movement
- The difference between muscle activation and joint movement from the viewpoint of release
- Understanding the connection between mobility and stability in release work

Practical

Standing, Sitting, Side lying, supine and prone work.
All practical sequences utilize a myriad of bones, muscles and fascia at one and the same time. The practical sessions will take you through a series of sequences in various body positions designed to encourage muscular and fascial release throughout the body.

The practical sessions will teach you pace, breathing, focus and relaxation to further enhance the release of the body. All practical sequences are designed to be integrated within your current workout session.

Course fee- USD400 includes all material

CEC's ACE 0.7 PMA 8 PAA 4

Studio requirement- Mats

Pre-requisites for ALL courses

Support Your Floor™- Pelvic Floor Health

The Center's 1 day 6-hour Pelvic floor course is a pre-requisite for all the courses in our curriculum. We base our courses on the movement of the pelvis and how it affects the rest of the female body. We will also look at the pelvic floor from a healthy standpoint rather than a problematic one.

Course description

This course will offer an in depth look at the anatomy and function of the pelvic floor, its application to movement and the breath and will discuss the reasons for dysfunction and how many of these problems can be prevented. Our approach contains both the scientific evidenced based research and the more holistic viewpoint of this most intimate part of the female body.

Course objectives

To understand the anatomy of the female pelvis and pelvic floor
To understand the function of the pelvic floor muscles, the fascial connections and the surrounding muscle groups and fascial connections.
To understand the change that occurs during pregnancy, birth, postpartum and menopause
To understand dysfunction in the pelvic area to include SI Joint and pelvic floor dysfunction and pubis symphysis derangement.
To understand the importance of correct movement to activate the pelvic floor
To understand the role of the breath in pelvic floor activation and rehabilitation
To understand the impact of the fascial connections through the pelvis

Course outline

Lecture

Anatomy of the pelvic floor including fascial connections
The use of bony cuing to activate the pelvic floor
The respiratory system and the connection to the pelvic floor
Muscle groups and fascia that support the pelvis
Dysfunction of the pelvis and pelvic floor
Pubis Symphysis Derangement
Breathing and the Pelvic Floor

Practical

The Formula
Releasing fascia- techniques for release
Realigning muscles- exercise design to help realignment
Strengthening- exercises for strength
Incorporating pelvic floor in exercise design

Course fee USD350 includes all material

CEC's ACE 0.7 PMA 10 PAA 3

Studio requirements- Mats

Pre and Postnatal Pilates Specialist™

The Center's Pre and Postnatal Pilates Specialist Certification is the flagship course that started The Center's teacher training courses. When it was first implemented in 1998, the information was deemed "controversial" and "went against the grain" of what was accepted at the time. With nearly 20 years in the business of transforming how teachers look at the pre and postnatal client, we can say that our programs have changed lives, have always been a couple of steps ahead of the game and with nearly 2000 teachers in 40 countries we are proud to be the leading pre and postnatal program for Pilates worldwide.

Course Description

This course will show you how to "Prepare the Body" and "Repair the Body" during pregnancy and the postnatal period. You will be introduced to a different way of looking at female anatomy and physiology and the changes that occur during pregnancy, birth and beyond. You will learn our "method" of program design for this population that will truly address their needs and requirements for safe, beneficial exercise.

Course objectives

To understand the anatomy of the female pelvis and pelvic floor and the role they play during pregnancy and the postnatal period

To understand the musculoskeletal system of the female body in general and pregnancy/postnatal in particular

To understand the changes in physiology of the female during pregnancy and postpartum

To understand the intimate relationship of the body to the breath and how to use the breath for birth, relaxation alignment and rehabilitation in the postnatal period

To understand the adaptations and alignment of posture in the pregnant and postnatal body

To understand the importance of storytelling in the healing of birth trauma

To understand the prevention and/or the rehabilitation of the pelvic floor, diastasis recti, C section and PSD

To understand how to use the platform of Pilates to design beneficial and safe exercises for this population

Course outline

Lecture

The philosophy of The Center's program

The anatomy and physiology of the pregnant/postnatal client

The pelvis and pelvic floor during pregnancy/postnatal

Breathing and its effects on the abdominals and pelvic floor. Breathing for rehabilitation. Breathing for relaxation and alignment.

The postural changes of the pregnant/postnatal client

The postnatal period and appropriate exercise design

Program design for this population

Practical

Exercises for breathing and relaxation

Exercises for the pelvic floor

Learning specific exercise sequences for breathing and pelvic floor

Implementing breathing and pelvic floor exercises into your regular class design

Sample first trimester/Postnatal mat class

Sample second trimester/Postnatal mat class to include ball and TheraBand's.

Sample third trimester mat class to include relaxation and visualization and partner stretching

Sample exercises on the Cadillac for pregnancy, postnatal and rehabilitation of diastasis recti

Sample exercises on the Reformer to include design for group reformer classes

Course fee depends on combinations of courses- see table above

CEC's PMA 20 ACE 2.2 PAA 15

This course can be broken down into the following

3-day 24-hour pre and postnatal Pilates Specialist course

- This includes the pelvic floor lecture as written in the pre and postnatal Pilates teacher training manual (As opposed to Support your Floor)
- It only includes pre and postnatal Mat, Reformer and Cadillac.
- Includes the 8 hour The Center Method for Diastasis Recti Recovery.

2-day 16-hour pre and postnatal Pilates Specialist course

- This includes the pelvic floor lecture as written in the pre and postnatal Pilates teacher training manual (As opposed to Support your Floor)
- It only includes pre and postnatal Mat, Reformer and Cadillac.

2 Day 14-hour Pre and Postnatal Health and Exercise Specialist™ course

- This includes the pelvic floor lecture as written in the pre and postnatal Pilates teacher training manual (As opposed to Support your Floor)
- This course includes Mat only with emphasis on the ball work as a group exercise program.

NEW! Pre and Postnatal Pilates Group Reformer for all trimesters.

Duration 8 hours (one hour lunch break included)

Course description

A one day course on the Pilates reformer that will inform the Pilates instructor in designing and implementing a safe and beneficial workout on the Reformer for the prenatal client through all trimesters.

Course objectives

- to understand the needs of the exercising pre and postnatal client
- to understand the difference between working out and preparation of the body for pregnancy and birth and the postpartum period
- to understand how movement and breath incorporate the pelvic floor and abdominals
- to understand safety measures and benefits of exercise during pregnancy and postpartum
- to be able to design trimester appropriate sessions for group classes

- to understand the why behind the exercises needed for this population

Course outline

- overview of pelvic floor and pregnancy/postnatal posture during each trimester
- sample one hour first trimester group reformer session
- discussion
- sample one hour 2nd trimester group reformer session
- discussion
- sample one hour third trimester group reformer session.
- Sample one hour postnatal recovery reformer session
- Q&A and discussion session

Course fee USD400 includes manual

PMA 7

Studio requirements-Mats, Stability Balls, Therabands and if applicable Pilates Equipment

The Center Method for Diastasis Recti Recovery™

RELAX-RELEASE-REALIGN-RESTORE™

Designed for Fitness. Pilates and Yoga Professionals, The Center Method™ for Diastasis Recti Recovery program investigates the history, anatomy and epidemic of diastasis recti commonly known as a separation of the rectus abdominus muscles.

Utilizing breathwork, pelvic floor exercises and myofascial release techniques, this rehabilitative course equips you with the skills you need to help your clients release, realign and restore the core musculature.

Learn to build a progressive exercise program that focuses on optimal musculoskeletal performance to facilitate recovery and prevent reoccurrence.

Designed Duration **8 hours**

Description of course The program offers a series of deep stabilizing exercises with progressions that will allow you to progress towards your regular exercise program, if that is your goal. The deep understanding of the working of your body will ensure the prevention of a recurrence of this condition.

Course objectives

- To learn about what diastasis recti is, how it occurs and how to facilitate recovery.
- To understand how to prevent it from occurring.
- To understand the role of the pelvic floor and fascial connections
- To understand the connection of the thorax to the pelvis when rehabilitating diastasis
- To understand how to correctly perform exercises that have been traditionally contraindicated for this condition
- To learn application of simple exercises to aid in the recovery of this condition.

Course outline

- History of Diastasis Recti and the exercise boom
- Anatomy of the anterior and posterior abdominal wall
- Anatomy of the Thorax
- Anatomy of the pelvic floor
- Fascial connections through the pelvic floor and abdominals
- Myofascial release techniques for healing diastasis recti
- Breathing techniques
- Understanding muscle connections using the breath
- Simple exercises and progression for a lifetime of connection

PriceUSD400 includes a manual and two balls.

CEC's PMA 6 ACE 0.9 PAA 4

Studio requirements- Mats

Pilates for Menopause Certification™

The Center's 2-day 16-hour Pilates for Menopause Certification takes liberties with the traditional concepts of symptoms of menopause and shows you a different perspective to the abilities of the maturing female body.

Course description

This course is designed to look at the causes and symptoms of menopause and to gain a new vision of how to train a more mature woman as she adapts to yet another change in her female life. Rather than seeing these changes as negative, this course will show you physiological, physically, emotionally and mentally, why life can only get better.

Course objectives

- To understand the female anatomy and physiology during menopause
- To understand how the anatomical and physiological changes affect the physical body
- To understand the adaptations needed for exercise during this time
- To understand the benefits and strengths of the menopausal years
- To see the positive changes and how the body responds to a change in program design
- To understand the concepts behind the program that support the process

Course outline

Lecture

- The causes, symptoms and effects of menopause
- The physiological and anatomical changes of the maturing female body
- Changing your perspective on the process of menopause
- Exercise concepts that enhance program design
- Dealing with Kyphosis, bone loss and joint pain

Practical

- Implementing the exercise concepts into various environments
- Designing programs that include brain teasers, weight bearing and balance exercises
- Enjoying innovative and creative choreography on the Mat
- Enjoying innovative and creative choreography on the Cadillac, Reformer and Chair
- Adding Props to the program design

Course fee USD800 includes all material- Mat and Equipment

Course fee USD650 includes all material- Mat only

CEC's 16 PMA ACE 0.80 PAA 15

Studio requirements- Mats and if applicable, Pilates Equipment

The Women's Health and Exercise Certification™ consists of pre-requisites, modules and electives taught by Faculty and Adjunct Faculty on many different aspects of Women's Health and Exercise.

The Women's Health Pilates Certification™ has the same requirements but the courses will include Pilates Mat and Equipment work.

Program Elements

Each module may be taken separately with a certificate of completion presented at the end of the course. You may choose to certify in only one aspect of women's health (e.g. Pre/post-natal Pilates).

Pre-Requisites

*Support your Floor™

*Rocking to Release™

Women's Health and Exercise Certification/The Women's Health Pilates Certification

Module 1: Pre/post Natal Health & Exercise Specialist/Pre and Postnatal Pilates Specialist™

Module 2: Exercise Through Menopause/Pilates for Menopause™

Module 3: The Center Method for Diastasis Recti Recovery™

Module 4: Buff Bones® with Rebekah Rostein

Module 5: Pink Ribbon Program™ by Doreen Puglisi

Women's Health and Exercise Specialist Certification/The Women's Health Pilates Specialist Certification™

Module 1: Safe Support™ with Jenna Zaffino

Module 2: Pilates for MS™ with Mariska Breland

Module 3: Pregnancy and Scoliosis with Dr. Suzanne Martin

Module 4: Emotions, Body Awareness and Pain with Anne Bishop

The Gentle Birth Project™

A licensed Teacher Training Program through The Center for Women's Fitness, The Gentle Birth Project™ is an innovative, module-based program designed exclusively for professionals working in the field of pre and postnatal wellness. Using evidence-based medicine standards of practice, alongside integrative natural methods, the program examines an alternative and holistic approach to health care for pregnant and postpartum clients.

The Project

Aspiring practitioners partake in a multi-faceted training that takes place over several days. There are five (5) mandatory modules, and each can be taken consecutively or separately over the course of several weekends to fit into your schedule.

You will be awarded a **Practitioner of The Gentle Birth Project™** upon completion of the program.

Module 1: Support your Floor™

Pelvic Floor Health Participants explore the anatomy, physiology, function, and dysfunction of the pelvic floor during pregnancy, postpartum and beyond. Topics include: pelvic assessment, symphysis pubis derangement, sacroiliac joint pain, risk factors, and movement considerations.

Module 2: Progressive Exercises for the Pre- and Post-Partum Client

Utilizing props and a non-traditional mat repertoire, participants will learn to design a safe exercise regime aimed at supporting the growing, changing body along with movement that prepares the body for a natural birth.

Module 3: The Art of Massage and Binding

Explore traditional Malaysian practices of postpartum care, known as the Confinement Period. This one-of-a-kind workshop introduces key practices of Asian cultures (Chinese medicine, diet, herbs, massages, belly binding), and adapts those principles to the modern world to help mothers revitalize their mind and body.

Module 4: The Positive Power of Nutrition

This program is designed to help Practitioners to be a better support to clients through understanding the changing needs of the pregnant and postpartum client for ideal nutrition and eating patterns. It discusses body compositions and needs, areas of concern and choice of eating patterns during pregnancy, the best nutrition for breastfeeding and healing postpartum and the various traditional practices around the world still in use today.

Module 5: The Center Method for Diastasis Recti Recovery™ (Optional)

This rehabilitative workshop delves into conditions like pubic symphysis derangement and Diastasis Recti. The program offers a series of stabilizing exercises with progressions allowing you to guide your clients towards prevention or a recurrence.

Options for trainings

Women's Wellness Weekends™

These weekends can combine any two courses of your choice.

The most popular right now is

Pelvic Floor and Diastasis Recti Recovery @ USD650 per weekend, USD350 per day

Women's Wellness Workshop™

You may also choose to do a shorter workshop for instance, just the pre-natal reformer for about 4 hours. (1/2 Day)

The Rocking and Rolling to Release course can be broken into 2 4-hour sessions.

Women's Wellness Week™

All courses are taught in one week with a one day break



International Diastasis Recti Awareness Month- July