Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will “remember” where you were. It’s just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture has 71 slides and is 87 minutes in duration.

I. The history behind the Polestar Pilates method
   A. Joseph Pilates, the creator of Pilates
   B. A genealogy of Pilates
   C. The Pilates Method Alliance
   D. Polestar Pilates

Interactive Questions – slide 13 @ 11 minutes

II. The principles of the Polestar Pilates method
   A. The 3 guiding Pilates principles
      1. Whole body health
      2. Whole body commitment
      3. Breath
   B. Pilates evolved movement principles
   C. Goals and benefits of Pilates
   D. Polestar’s Principles
      1. Breathing
      2. Axial elongation and core control
      3. Spine articulation
      4. Organization of head, neck and shoulders
      5. Weight-bearing and alignment of extremities
      6. Movement integration

Interactive Questions – slide 40 @ 57 minutes

III. What is Pilates?
   A. Basic concepts
      1. Complimentary movement system
      2. Strengthening
      3. Flexibility (inhibition of unnecessary guarding)
      4. Movement re-education
      5. Apparatus and floor work
   B. Pilates tools to facilitate or grade difficulty of movement acquisition
C. Who can benefit from Pilates?
   1. Treatment of the spine
   2. Sport rehabilitation

Interactive Questions – slide 49 @ 69 minutes

IV. Pilates movements for dancers
   A. Exercises for spine mobility
      1. Trapeze: circumduction on tower bar
      2. Reformer: long spine variation
      3. Mat: roll over
   B. Exercises for strengthening the dancer
      1. Reformer: teaser series
      2. Chair: 1-arm push
   C. Exercises for improving a dancer’s coordination
      1. Trapeze: walk-over
      2. Trapeze: dolphin with oblique emphasis
   D. Exercises for improving a dancer’s technique and endurance
      1. Trapeze: standing tower bar series
      2. Reformer: advanced jumping combinations
      3. Reformer: advanced standing with port de bras

V. Other treatments
   A. Neurological rehabilitation
   B. Chronic pain

Interactive Questions – slide 68 @ 83 minutes

V. Summary