Welcome to Australia
Deborah Lessen

Deborah Lessen, PMA®-CPT is an acknowledged leader in the Pilates field. A former professional dancer and teacher, she was trained to teach the Pilates method by Joseph Pilates’ ‘first protégé’, Carola Trier.


As co-defendant in the federal trademark infringement action for use of the name “Pilates,” Deborah rallied the community to oppose the action. The Pilates name was made generic in a sweeping victory in November 1999. The victory party in New York City was the launch of the Pilates Method Alliance.

Ms. Lessen is a founding member and Past President of the Pilates Method Alliance, serving on the Board of Directors since its inception. She was instrumental in the creation and implementation of the PMA Pilates Certification Exam, the only 3rd party credentialing exam for Pilates professionals, facilitating a broad spectrum of tenured Pilates teachers to work together toward a common goal. She is editor and a contributor to the PMA Pilates Certification Exam Study Guide and recently retired Chairperson of the PMA Certification Commission.

Now focusing on her first love, Deborah is a regular international presenter, conducting a roster of continuing education workshops and seminars for Pilates teachers.
SATURDAY 24TH SEPTEMBER
10:00am–1:00pm TRIBUTE TO CAROLA

Every Pilates teacher should learn about the contribution of first generation teacher Carola Strauss Trier. Ms. Trier had a profound influence on the direction and development of Pilates, and her professionalism will deepen every teacher’s approach.

Deborah Lessen, a student and protégé of Carola, will introduce students to the theoretical and practical developments made to the Pilates method by Joseph Pilates’s first protégé, Carola Strauss Trier. The workshop will include a biographical portrait and will trace the professional development of her distinctive teaching philosophy and practice. Through movement, partnering session, and lecture, the workshop will focus on:

- Introducing the new client to Pilates
- Postural assessment
- Setting goals for optimal verticality
- Introduction to Pilates breathing
- Whole body exercise, rhythm and breath
- Progressing the client

PAA PDPs = 3 | PMA CECs = 4 | Cost: $300.00 | Code: CeDL1
SYDNEY

SATURDAY 24TH SEPTEMBER
2:00pm–5:00pm PRE-PILATES TECHNIQUES:
FOUNDATIONS FOR TEACHING THE PILATES METHOD

The dictionary defines ‘proficiency’ as ‘skilfulness in the command of fundamentals deriving from practice and familiarity.’ The word ‘proficient’ implies an advanced degree of competence acquired through training.

As Pilates teachers, the development of our proficiency is directly related to an ongoing study of the movement concepts underlying the Pilates exercise repertoire.

Deborah Lessen was trained to teach the Pilates method by Joseph Pilates’ first protégé, Carola Strauss Trier. She has a unique insight and proximity to the source of our work in the Pilates industry today. Deborah will present her unique approach to understanding the movement concepts underlying the Pilates exercise repertoire. Deborah will draw from her diverse background including her work with Carola, Irene Dowd and other influences to help us define the basic movement concepts underlying the Pilates method.

In this course participants will thoroughly examine:

- Concepts of Center
- Joint Release
- Breathing
- Imprinting
- Sequential Movement of the Spine
- Mid-back, Lumbar and Pelvic Stabilization

During this workshop, Deborah will define each concept. Through active participation and observation, participants will refine their visual and teaching skills. They will be able to more accurately assess movement and have new methods to target and neutralize weaknesses and asymmetries, thus enabling clients to progress more quickly and with deeper understanding. This course is beneficial to teachers of all levels.

PAA PDPs = 3 | PMA CECs = 3 | Cost: $ 300.00 | Code: CeDL2

SUNDAY 25TH SEPTEMBER
10:00am–5:00pm ON THE REFORMER

This workshop will look specifically at the repertoire on the Reformer, drawing upon Deborah’s lifelong experience with movement and the lineage of Carola Trier. Understanding the movement philosophy, concepts and practice of Carola Trier and Deborah’s work will support this workshop and we recommend that participants have a minimum pre-completion of the ‘Tribute to Carola’ workshop. This program will be experiential as well as understanding the teaching concepts and theories of the extensive and extraordinary Reformer repertoire as taught by Deborah and as has been handed down from one of the most significant teachers in the Pilates lineage.

PAA PDPs = 6 | PMA CECs = 7 | Cost: $500.00 | Code: CeDL3
SATURDAY 1ST OCTOBER
IN COLLABORATION WITH ALIGNED FOR LIFE PILATES
10:00am–1:00pm TRIBUTE TO CAROLA

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• Introducing the new client to Pilates
• Postural assessment
• Setting goals for optimal verticality
• Introduction to Pilates breathing
• Whole body exercise, rhythm and breath
• Progressing the client

PAA PDPs = 3 | PMA CECs = 4 | Cost $300 | Code: CeDL4

2:00pm–5:00pm TEACHING STRATEGIES FOR POSTURE PATTERNS

Utilizing Pilates concepts of balance, stabilization and uniform muscle development, we will examine strategies for working with spinal asymmetries. This workshop is open to all studio and mat teachers. Demonstrations will include work on the Trapeze Table, Wunda Chair and Ladder Barrel, and there will be plenty of matwork with balls and therabands. Be prepared to move!

PAA PDPs = 3 | PMA CECs = 4 | Cost: $ 300.00 | Code: CeDL5
This workshop will look specifically at repertoire on The High Chair, a unique piece of apparatus that Deborah has developed from her knowledge of the work via Carola Trier and influenced by the photos of the original high chair developed by Joseph Pilates from a wheelchair starting point. The High Chair is a one-of-a-kind item that pays due homage to Mr Pilates original inventions. With springs from the high back, sides and pedal, the range and scope of work possible on this apparatus is extensive. Deborah launched her High Chair in 2014 and has since developed a trail of inspired, excited Pilates luminaries using the work.

PAA PDPs = 6 | PMA CECs = 6 | Cost: $500.00 | Code: CeDL6
Payment options & terms

Nominated payment plans are as follows. All plans must be completed on or before 15th September 2016. Choose one of the following:

ALL PROGRAMS IN EITHER CITY:
Early Bird discount before 28th February 2016, 1 instalment $800.00
From 28th March 2016, 1 instalment $1,000.00

PAYMENT PLANS:
• 1 instalment as above
• 2 instalments $550 + $550
• 3 instalments $400 + $400 + $400
• 6 instalments 6 monthly payments of $220 each.

Note that PAA PDPs may be accrued to a maximum of 15 PDPs.

Deborah Lessen will also be presenting in Perth on 28th and 29th September in collaboration with PFI Training. See schedule and register at www.pfiwa.com.au