

# Student Welcome

# Welcome!

On behalf of the entire Merrithew™ team, we'd like to personally thank you for choosing to train with us. Since 1988, we have been committed to developing effective and responsible exercise for Instructors with the creation of unique, high-integrity fitness offerings including STOTT PILATES®, ZEN•GA®, CORE™ Athletic Conditioning & Performance Training™, Total Barre®, Halo® Training, and Fascial Movement, all of which are recognized as The Professional's Choice™ by instructors and studios around the globe.

We are proud of how we have evolved over the years, and how we have continued to introduce new programming offerings as our team, dedicated staff and brand ambassadors work together to enhance the lives of so many people around the world. With such an array of education options available, we provide the necessary tools to help you reach your career goals by cross-promoting multi-faceted training abilities so you can implement new and exciting fitness skills into your client regimens. You also have the opportunity to increase client bases with newfound expertise by offering core strength, functional fitness and muscle conditioning through more mindful movement.

As our scope of clients continues to increase, so do our offerings. We constantly innovate and expand our line of exercise equipment and range of fitness accessories to be more inclusive and serve the growing number of mind-body modalities on the market. Our products are synonymous with the highest quality and finest manufacturing materials in the industry and are crafted with pride and precision.

Because of your unwavering support, we look forward to working with you and to supplying you and your clients with the tools needed to achieve your goals. In order to continue strengthening our brands together, we provide ongoing support to our esteemed network by offering images and content in our Image Gallery at [www.merrithew.com/imagelibrary](http://www.merrithew.com/imagelibrary) for you to use in your marketing collateral materials.

Wherever you are training, we hope you have an enjoyable experience. We welcome any feedback you may have and wish you all the best in your future career path.

Yours in good health,



**Lindsay G. Merrithew**  
PRESIDENT & CEO



**Moira Merrithew**  
EXECUTIVE DIRECTOR, EDUCATION



# Fast Facts

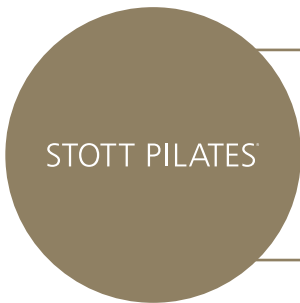
- 1988** Company founded.
- 1991** Danforth Avenue studio opens in Toronto, Ontario.
- 1993** Equipment manufacturing division established.
- 1994** Education division established to train and certify Instructors.
- 1996** First manufacturing facility opens on Carlaw Avenue in Toronto, Ontario.
- 1997** First Licensed Training Center opens in Bloomfield Hills, Michigan.
- 1998** First training video produced. Danforth studio is sold. Corporate Training Center opens and global headquarters moves to current location on Yonge Street in Toronto, Ontario.
- 2000** Merrithew™ is recognized as one of Canada's Fastest-growing Companies by PROFIT Magazine. Merrithew will go on to win this recognition in 2001, 2002, 2003 and 2004.
- 2001** First training manuals published.
- 2002** First DVD series is produced.
- 2003/04** Lindsay G. Merrithew is a finalist for Ernst & Young Entrepreneur of the Year.
- 2012** Co-founders Lindsay and Moira Merrithew named Inner IDEA Inspiration Award winners. Branded programs ZEN•GA® and CORE™ Athletic Conditioning and Performance Training™ are introduced.
- 2013** Branded program Total Barre® is introduced. A new Merrithew manufacturing plant opens on Tapscott Road, Toronto, Ontario.
- 2014** Name changed from Merrithew Health & Fitness to Merrithew™ — Leaders in Mindful Movement™.
- 2017** Over 50,000 trained worldwide. Extensive global network of Training Centers and international distribution network.
- 2018** Merrithew celebrates 30 years in business.

# A New Vision for Mindful Movement.

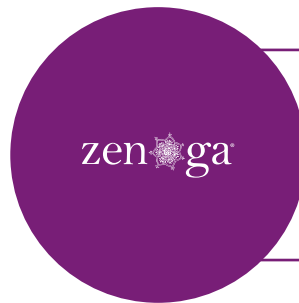
Our education offering illustrates the evolution of mindful movement and how our premier fitness brand, STOTT PILATES®, is the foundation upon which our new and growing mind-body modalities are based. The modern principles of exercise science are inherent in all of our modalities while also incorporating newer fitness practices such as fascial fitness, biomechanics of movement, functional fitness and core-integrated bodyweight training, all while maintaining the mind-body connection.

Our programs broaden our reach in the health and fitness industry providing opportunities for personal trainers, health care professionals, group fitness instructors, athletes and other specialists to diversify their knowledge base and cater to a wider client base.

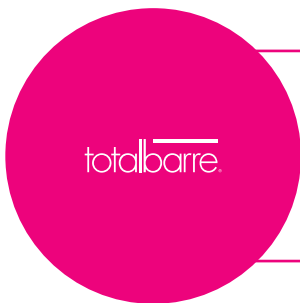
Mindful Movement can be practiced by all ages, fitness backgrounds and abilities — helping professionals and clients to lead healthier, more active and mindful lives.



A safe, effective and contemporary approach to the original Pilates method based on modern principles of exercise science and rehabilitation.



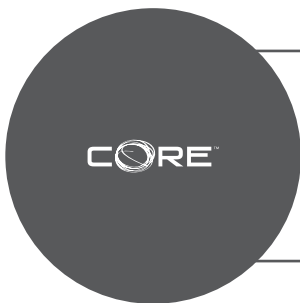
A unique fusion of Pilates, yoga, martial arts and meditation that restores the body's strength, balance and flow.



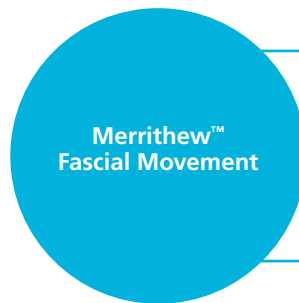
A dynamic, music-driven fitness program that integrates elements of dance, Pilates, cardio and strength training.



A versatile and adaptable core-integrated bodyweight training program that promotes functional strength and stability.



A high-intensity, results-driven athletic conditioning program that focuses on total-body power, strength and agility.



A foundational program covering the importance of the neuromyofascial system to everyday function and overall health.

# The Evolution of STOTT PILATES®

## The Original Method

Joseph Hubertus Pilates (1880-1967) created the Pilates technique in the early 20th century, and referred to it as “Contrology”. It was his belief that “physical fitness is the first requisite of happiness”. Pilates’ theories were founded on six fundamental principles:

**Breathing:** Pumping the air in and out of the body with a forced breath using full inhalations and exhalations.

**Centering:** Maintaining mental and physical focus during each exercise. Pilates referred to the area between the ribs and hips — the center of the body — as the “core”, or the “powerhouse”.

**Concentration:** Valuing the quality and form of each movement over the number of reps. Pilates believed that it was necessary to keep inner focus, paying close attention to the specifics and details of every exercise.

**Control:** Emphasizing control of the entire body at all times with an awareness of how the parts move together.

**Flow:** Emphasizing continuous movement, flowing from one exercise to the next, while maintaining an aesthetic quality.

**Precision:** Performing each exercise with precision, step-by-step as given, paying close attention to placement, alignment and trajectory for each moving part of the body.





## STOTT PILATES®: The Contemporary Approach

The STOTT PILATES method is based on modern principles of exercise science and rehabilitation.

It takes the original full repertoire of exercises pioneered by Joseph Pilates, including the foundational principles, and adds biomechanically-based principles. These tenets, unique to the STOTT PILATES method, ensure all programs incorporate the latest research and all exercises are taught safely and effectively for each individual client based on posture, fitness level and goals. The STOTT PILATES Biomechanical Principles are:

**Breathing:** Breathing effectively ensures that enough oxygen is flowing to the working muscles, and helps prevent unnecessary tension. A relaxed and full breath pattern encourages focus and concentration and facilitates optimal muscle activation.

**Pelvic Placement:** STOTT PILATES emphasizes stabilization of the pelvis and lumbar spine (lower back) in either a neutral or an imprinted position, depending on the requirements of the exercise or exerciser.

**Rib Cage Placement:** The position of the rib cage affects the alignment of the thoracic (upper) spine and relates to the stability of the whole body, especially during arm movements.

**Scapular Movement & Stabilization:** Stabilizing the scapulae (shoulder blades) on the back of the rib cage is as important as contracting the abs during the initiation of every exercise. Appropriate mobility and stability will help avoid strain through the neck and upper shoulders.

**Head & Cervical Placement:** The cervical spine (neck) should hold its natural curve with the head balanced directly above the shoulders when sitting, lying or standing. The cervical spine should follow the line made by the rest of the spine during any movement.

The foundation of the STOTT PILATES method and the Biomechanical Principles build on Joseph Pilates' original doctrine. These principles are continually updated, integrating the latest findings of a variety of leading researchers, including Carolyn Richardson, Gwendolyn Jull, Mark Comerford, Paul Hodges, Diane Lee, Shirley Sahrman, Julie Hides, Andry Vleeming, Robert Schleip and Robin McKenzie, just to name a few.

### Notable updates include:

- Introduction of neutral spinal alignment to ensure balanced stability of the spine, statically and dynamically. This is the most stable and optimal shock-absorbing position of the spine and a good place from which to promote efficient movement patterns. The original approach taught flattening of the spine, which keeps the lumbar and cervical spines in a constant state of flexion.
- Incorporation of spinal extension in the Essential level. The original approach had very little spinal extension until the Intermediate and Advanced levels.
- Adjustment of the order of exercises to ensure a balanced program of flexion, extension, rotation and side flexion.
- Creation of preparations and modifications at an Essential level to assist clients in developing a more efficient neuromuscular connection in order to progress more effectively.
- Promotion of an awareness of scapulohumeral rhythm with balanced scapular stability and mobility. The original approach promoted rigidity of the arms and shoulders.
- Addition in rotational variations of exercises to provide more and varied multi-directional functional movements.
- Commitment to the continuation of incorporating the latest research on fascial integration, functional movement and rehabilitation into continuing education courses and workshops.

# STOTT PILATES®

STOTT PILATES is the contemporary approach to the original Pilates method and is based on modern principles of exercise science and rehabilitation. It takes the original full repertoire of exercises pioneered by Joseph Pilates, including his foundational principles, and adds biomechanically-based principles. These additional tenets, unique to the STOTT PILATES method, ensure all programs incorporate the latest research and all exercises are taught safely and effectively for each individual client based on posture, fitness level and goals.



## What are the streams?

### Certification

In our Certification Programs you will learn the STOTT PILATES Biomechanical Principles; exercise sequences and breath patterns; effective communication and observation skills; verbal cuing and imagery for performance enhancement and client motivation; modifications for specific body types, postural issues and conditions; theory and practice of postural analysis; exercise layering related to effective program design.

### Continuing Education

With over 150 unique titles to choose from, our introductory and continuing education workshops can supplement your current training and programming. They cover everything from the fundamentals, exercise variations using props and equipment and sport and athletic conditioning to rehabilitation and special populations.

### Specialty Tracks

Set yourself apart by becoming a STOTT PILATES Specialist in the area of your choice. All workshops included in the Specialty Tracks are open to all fitness professionals, however, only STOTT PILATES Certified Instructors who complete the required number of workshops within each category are eligible to receive the official designation.

## Who is it for?

### Group Fitness Instructors

You are already a group fitness instructor or are looking to become one, and are interested in teaching Pilates or incorporating Pilates-based exercises to your classes. You are looking for a contemporary approach that incorporates modern exercise principles and offers tips and programming designed for teaching in a group setting.

### Qualified Personal Trainers

You are, or are interested in becoming, a qualified fitness professional working one-on-one with clients as a Personal Trainer. You want to add elements of Pilates to your client programs and integrate a more scientific approach to your workouts, ensuring you are teaching clients with biomechanics in mind. You like to keep abreast of new information in the fitness industry, including functional training and fascial fitness.

### Mind/Body Professionals/ Hybrid Instructors

You are a mind-body professional who knows all about the importance of weaving biomechanical principles into your training. You want concrete language and applicable programming to help clients of all levels and abilities develop or maintain ease of movement and increase awareness of their bodies.

## What you can expect from the STOTT PILATES Program:

- How to apply STOTT PILATES biomechanical principles of core stability, breathing and alignment to all exercises.
- A complete breakdown of each exercise.
- Exercise goals, muscular initiation and movement sequencing.
- Modifications to increase or decrease exercise intensity.
- Modifications for specific body types and postural issues.
- How to recognize optimal and less than optimal movement patterns.
- A variety of programming options to keep clients motivated.
- Effective communication skills, including verbal cues and imagery for performance enhancement and client motivation.

# STOTT PILATES® | REHAB

Aimed at therapy and medical professionals, the STOTT PILATES Rehabilitation Program demonstrates integration of modified Matwork and equipment exercises into therapeutic conditioning. The Rehabilitation program courses and workshops cover the therapeutic foundations of STOTT PILATES and how they integrate with current rehabilitation practices, as well as choreography, modifications, indications and contraindications. Students learn verbal cueing for each exercise, how to assess proper form and correct improper execution, and integrating STOTT PILATES into clinical settings.



## What are the streams?

### Rehab Courses

**Spinal Pelvic & Scapular Stabilization:** An introduction to the biomechanical principles of STOTT PILATES and their application to modified Reformer exercises, Cadillac, Chair & Barrels exercises and Matwork.

**Peripheral Joint Stabilization:** Building on the biomechanical and stabilization principles from the Spinal Pelvic & Scapular Stabilization stream, learn modified Intermediate-level exercises on the Reformer, using the Cadillac, Chair & Barrels, and Matwork with props.

### Post-Rehab Education

We offer specialized training that covers a wide variety of important aspects of post-rehabilitation programming including breast cancer rehab, osteoporosis and scoliosis management, flexion-free training and applications for global stability. Zero in on areas of the body which are most commonly injured. Learn to help your clients maintain strength after rehab and prevent future injuries.

## Who is it for?

### Rehabilitation Professionals

You are a licensed or certified health care professional (physiotherapists, occupational therapists, chiropractors and sports medicine doctors) wishing to integrate modified STOTT PILATES exercises for injury prevention and rehabilitation into your practice. You want to learn a systematic, movement-based approach to neuromuscular re-education, and understand optimal and non-optimal movement strategies. You want to learn how to include Pilates apparatuses like the Reformer or Cadillac into your practice.

## What are you looking to do?

### Obtain CECs

Many professionals define Continuing Education as a structured approach to learning, to help ensure competence, knowledge, skills and practical experience. STOTT PILATES Rehab Workshops are a great way to obtain yearly Continuing Education Credits.

### Professional Development

Expand your knowledge and keep your skills current with the newest client programming, and stay abreast of the latest advancements in exercise science and fitness by participating in STOTT PILATES Rehab Workshops.

### Increase Client Offerings

Grow your practice with Therapeutic Pilates. The STOTT PILATES Rehab Program will give you the tools you need to add Pilates to your clinical practice and generate post-rehab fee-based revenue.

## What you can expect from the STOTT PILATES Rehabilitation Program:

- Examine the Therapeutic Foundations of STOTT PILATES and how they integrate with current rehabilitation practices.
- Learn how to teach and apply the STOTT PILATES Biomechanical Principles.
- Explore the choreography, modifications, indications and contraindications for STOTT PILATES rehabilitation exercises for Matwork and Reformer.
- Develop the ability to assess proper form for each exercise and how to correct improper execution.
- Outline and practice manual and verbal cueing for each exercise.
- Consider the integration of STOTT PILATES into clinical settings.





The Total Barre Program was designed to provide programming options within a template framework, resulting in well-constructed, balanced workouts that are fun and motivating. All exercises emphasize proper biomechanics, alignment and sequencing to ensure lasting results. Classes are designed to leave clients feeling energized, invigorated and delighted, improving fitness levels and quality of life while avoiding injury.



## What are the streams?

### Endurance

This stream is designed to build in intensity more quickly, but can be modified and taught to all levels of participants. The choreography presented is simpler and less complex, making retention of the movements easier. The workouts move more fluidly, building the desired muscular endurance. Biomechanical Essences of the movements are emphasized to ensure safe and effective results. Props are added to increase the intensity, challenge the neuromuscular system and add variety.

### Amplified

The Amplified workouts feature movements that are faster and more intense and are designed for physically conditioned clients looking to increase strength, endurance and power. Powerful music selections will propel the intensity-driven routines to amplify the results and energize every participant. Biomechanical Essences are emphasized as always, however, the focus shifts to improving and enhancing muscular strength, balance, proprioception, agility and endurance.

### Modified

This stream was designed for populations with restricted movement due to injury, age or other physical conditions. The choreography is simpler and requires less mobility and joint range and emphasizes flexibility, balance and strength. The workouts encourage gentle and effective movement despite client weaknesses, health conditions or injuries, and feature programming for client groups including pre- and post-natal women, active aging, post-rehab and those who suffer from conditions such as Parkinson's disease, osteoporosis and multiple sclerosis.

## Who is it for?

### Mind/Body Professionals/Hybrid Instructors

You are a mind-body professional who focuses on teaching in small groups or one-on-one settings and employ modalities that focus on precision and detail. You've been looking for a barre program that offers more than just dance routines, but falls in line with your philosophy and practice. You prefer to create your own programming, but would like guidelines to ensure a well-balanced workout for all your clients, including those with special requirements.

### Group Fitness Instructors

You are a group fitness instructor looking to add a barre program to your repertoire. You enjoy teaching routines that are pre-programmed, but would like to learn how to change them up from time to time to keep your groups from getting bored and reaching fitness plateaus. You are hoping to learn from a reputable provider with numerous years of exposure in the fitness industry to ensure ongoing support throughout your career.

## What you can expect from the Total Barre Program:

- Learn creative choreography for a well-balanced Barre workout.
- Receive an 11-segment template that can be easily used to modify or choreograph additional workouts.
- Review a breakdown of various movements and explore the stabilization and mobilization required to achieve them.
- Learn how to cue, correct and modify effectively for all populations and client groups.
- Experience and implement six Total Barre Foundational Principles.
- Receive musical suggestions that include length, and tempo (beats per minute) for each segment of the workout with additional optional playlists.



CORE Athletic Conditioning & Performance Training™ is a unique exercise education program that covers the basic fundamental principles of training, performance, and movement from an athletic perspective. The program includes a focus on two areas of the sports performance spectrum: Athletic Conditioning, and Performance Training. It emphasizes proper movement mechanics and appropriate applications that follow accepted training guidelines.



## What are the streams?

### Athletic Conditioning

These workshops answer the question: What do athletes at any level need in order to be effective in a chosen sport? Learn about improving various components of general fitness and athleticism such as strength, flexibility, dynamic stabilization, speed, agility, power, muscular initiation, rotation, coordination and endurance.

### Performance Training

These highly focused workshops answer the question: What specific athletic components does a serious or casual athlete need to excel in sport performance? Learn about the process of training clients with precise training protocols to work on appropriate functional movement patterns and skills that will help prevent injury and improve performance in a particular sport.

## Who is it for?

### Personal Trainers/Strength Coaches

You are a qualified specialist who knows how to train athletes and weekend warriors. You know how to do a deadlift and the perfect ratio of reps and tempo to make someone sweat. But are you training in the most intelligent way possible? Learn how to apply biomechanical principles to individual moves to help clients become more physically aware and get the most out of every workout. Your augmented skill set will also help set you apart from a run-of-the-mill fitness trainer.

### Mind-Body Professionals/Hybrid instructors

You are in the business of mindful movement. You know all about the importance of weaving biomechanical principles into your training to ensure clients become more aware of how the body moves and functions. Now, you are looking for a way to appeal to clients who might not yet realize the benefits of the mind-body connection. Learn how to apply your expertise to those individuals with specific athletic training goals in mind and expand your client base.

## What you can expect from the CORE Program:

### Personal Trainers/Strength Coaches

- In addition to defining the concepts of athletic conditioning and performance training, this program emphasizes 11 Foundational Principles for improved movement efficiency. These biomechanical fundamentals are related to body awareness, ideal alignment and stabilization of both the periphery and core.
- Learn how to incorporate these athletic and performance-based mindful movement strategies into your client programs to enhance skill levels and mind-body awareness, ensure focus and control, and optimize training and maximize results.
- Recap of incorporation of various components of general fitness and athleticism such as strength, flexibility, dynamic stabilization, speed, agility, power, muscular initiation, rotation, coordination and endurance.
- The importance of building a strong foundation to reinforce proper biomechanics, muscle memory and neuromuscular coordination with athletic clients.

### Mind-Body Professionals/Hybrid instructors

- Sport-specific training principles; balance, interval and dynamic stabilization.
- Resistance training, plyometric theory and practice, speed and agility work, periodization.
- Expanded repertoire and programming options and progressions.
- Potential for an expanded client base.
- Equipment choices for specific exercises.
- Learn how to take these concepts and work on clients' functional and adaptable movement patterns to prevent injury and increase performance levels by improving posture and using ground reaction force and transfer force through a strong, stable core.
- Recap of mindful movement principles to foster the greatest mind-body connection in your active clients and emphasize proper movement mechanics.



ZEN•GA® is a unique mind-body modality that fuses elements of Pilates, yoga, martial arts and meditation into a series of flowing movements that emphasize the breath. Using props and equipment, these workouts are playful yet powerful, emphasizing smooth transitions, intention of the movements and focusing on the personal effects of movement paired with deep breathing. ZEN•GA stimulates the fascial system and builds endurance, strength, mobility and stability while cultivating a greater sense of physical awareness.



## What are the streams?

### Mat

The ZEN•GA Mat program explores four Mindful Movement Principles and discusses how to apply them to movement sequences designed to help clients achieve desired goals. These principles include Breath, Support, Yield and Flow, and work together to create a mindful experience that is both safe and effective. The Foundation course and accompanying workshops explore a variety of Mat-based workouts that apply the foundational principles using a variety of props. Some have a detailed focus on breathing or accessing specific myofascial lines, while others use the same focus to develop increased power and stamina.

### Equipment

The ZEN•GA Equipment program takes the exploration of the four Mindful Movement Principles — Breath, Support, Yield and Flow — to the Reformer. The unique quality of spring resistance provides another dimension to the development of programs designed to create a more fluid, resilient body. By incorporating the coiling and uncoiling dynamic of the springs, instructors gain a greater focus on the specific requirements while moving through the graceful positions. The initial Foundation Course and the accompanying workshops, provide a wealth of exercise options using the Reformer and Vertical Frame, as well as specially-designed accessories like the Vinyasa Triangle.

## Who is it for?

### Mind/Body Professionals/Hybrid Instructors

You are a movement professional who wants concrete language and applicable programming to help clients of all levels and physical states develop or maintain a sense of ease and proficiency in day-to-day activities and sports with playful science-based movement.

### Group Fitness Instructors

You are a group fitness Instructor who enjoys getting people moving and having fun. You understand the importance of music and playful, unpredictable movements to motivate and challenge clients, and are looking to integrate a more scientific, biomechanical approach to your classes.

## What you can expect from the ZEN•GA Program:

- Theoretical and practical applications of the Four Mindful Movement principles; Breath, Support, Yield and Flow.
- Research-based fascial training concepts.
- Movements designed to work the body on all planes of motion and to use gravitational and ground reaction forces to increase integrity through the entire kinematic chain.
- Use of proper breathing, muscle activation, force transmission, postural awareness and proprioception to improve movement quality.
- Use of props like blocks, straps, balls and bands to stimulate the fascial system for tissue hydration and renewal.
- Use of the Reformer, Vertical Frame, Jumpboard and VINYASA Triangle to facilitate equipment-based classes and sessions.
- Cueing tips and imagery suggestions to increase client awareness and movement quality.
- Programming tips to integrate ZEN•GA concepts into your existing work.
- Complete workouts to bring ZEN•GA as a class to your clients.



Halo® Training is a unique multi-functional and three-dimensional exercise program that incorporates the science of core integrated bodyweight training with the use of the Halo Trainer Plus. The program teaches exercises that follow unique progressions or regressions designed to increase functional strength and stability for a client at any level of condition; from rehab through to athletic performance training.



## What are the levels?

### Halo Training Core-integrated Principles

Halo core-integrated functional training focuses on the core stability necessary for efficient force transfer in one or more planes of motion.

- Functional Integration
- Proximal Stability for Distal Mobility
- Three-Dimensional
- Neuromuscular Performance
- Client Specific

### Level System

Programming is presented in four levels of difficulty so instructors can adjust for their classes or specific clients.

- Level 1:** Entry level to fitness
- Level 2:** Moderate fitness level
- Level 3:** Good fitness level
- Level 4:** Experienced exerciser/competitive athlete

## Who is it for?

### Group Fitness Instructors/ Personal Trainers

You are already a group fitness instructor or personal trainer and are interested in adding variety or new movement patterns to your classes or one-on-one sessions while still emphasizing proper biomechanical principles. With the ability to increase or decrease intensity for individuals with each exercise you can cater to a larger audience in your group sessions and modify personal training programs from post-rehab to athlete clients.

### Mind-Body Professionals

You are in the business of mindful movement. You know all about incorporating biomechanical principles into your workouts to ensure clients increase awareness of their bodies, but you'd like to appeal to athletes with specific training needs or add some intensity to your existing workouts.

### Rehabilitation Professionals

You are a movement therapist or licensed health care professional looking for a flexible and incrementally-adaptable training program with an emphasis on core-integrated bodyweight training. You need a program that can be used on a range of clients with varying mobility levels that will integrate well within a broader rehabilitation program.

## What you can expect from the Halo Training Program:

- Learn the history of the Halo Training principles and variables and how they can be used to create intensive training plans for group classes and individuals.
- Understand the concept and value of interval training and explore different types of exercise intervals, i.e. timed and repetition-based.
- Learn how to use the Halo Trainer alone or with other props to create intensive workouts.
- Learn full curriculum of the beginner, intermediate and advanced movement patterns of the Halo Training System.
- Develop the physical conditioning to teach the Halo Training System through the experience of 21 timed or repetition based workouts.

Note to course or workshop participants, Halo® Instructor Training is a unique, high-intensity interval training program that requires a high level of fitness, and is not suitable for those recovering from injury, pre-natal/post-natal participants or those unused to cardio-based exercise.

# Fascial Movement

Designed for fitness, medical and therapy professionals, Merrithew™ Fascial Movement courses and workshops explore the latest research findings on the neuromyofascial skeletal system. With an emphasis on the Merrithew Fascial Movement Variables (FMVs), Merrithew Fascial Movement training offers a thorough understanding of what fascia is, what it does, how it moves and how to work with it across a range of varying modalities.



## What are the streams?

### Fascial Movement Foundation Course – Level One

The Merrithew Fascial Movement Foundation Level One Course is intended for those already working in the fields of fitness, therapeutic movement and rehabilitation. The lecture component of the course reviews basic fascial anatomy and physiology and explores the latest research findings on the neuromyofascial skeletal system. The application component of the course introduces the Fascial Movement Variables (FMVs). These movement variables are applicable to all forms of exercise; Pilates, yoga, dance, barre, athletic conditioning, sports performance, and rehabilitation.

### Merrithew™ Intro to Fascial Movement

This primer workshop provides a brief preview of topics that are more deeply explored in the 16-hour Fascial Movement Foundation Course.

## Who is it for?

### Mind/Body Professionals/ Hybrid Instructors

You are a fitness professional who has a solid understanding of functional anatomy and biomechanics, and are looking to deepen your knowledge. You want to further understand how fascia connects the entire body, and want concrete language and simple, applicable techniques to best utilize your knowledge of the fascial system in a variety of somatically-driven movement modalities.

### Personal Trainers

You are adept at applying your knowledge of body mechanics and movement modalities to help clients make the gains they want in during training, and want to deepen your understanding of the body as a whole. You want useable techniques that can help take your clients to the next level in a variety of exercises.

### Rehabilitation Professionals

You are a physical, movement or manual therapist with a strong knowledge of functional anatomy and biomechanics who is looking for simple movement techniques to enhance your therapeutic practices.

## What you can expect from the Fascial Movement Foundation Course:

- Learn to identify the components of fascia and be able to explain its role and relevance to movement.
- Learn to articulate the difference between tensegrity and traditional force and lever-based biomechanics.
- Learn to define the Merrithew Fascial Movement Variables (FMVs); Bounce, Sense, Expand & Hydrate.
- Learn to develop programs for clients of all levels using the Merrithew FMVs.





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