



JEMS Movement E.A.S.E. Course

Joanne Elphinston 2020 Melbourne Australian Courses

PRESENTS

JEMS MOVEMENT E.A.S.E. COURSE

(Efficiency, Awareness, Sensory motor integration, Emotion)

Specifically designed for Pilates and yoga teachers, Body Workers, health and rehabilitation professionals

PRESENTED BY: JOANNE ELPHINSTON

DATE: JEMS EASE COURSE - THURSDAY to SUNDAY FEBRUARY 13th & 16th 2020

TIME: 9am – 5pm Each Day

VENUE: Melbourne To Be Advised

Uncovering the Power and the Grace

What is it to move naturally, efficiently, easily, even pleurably?

What if you could help your clients to access more power and grace in their movement, using simple but transformative techniques?

And what if that process of deeply understanding natural, functional movement is also the key to many common pain presentations that your clients struggle to overcome?

Join Joanne on this absorbing four day intensive exploration as she shares her in-depth knowledge and deep experience of the art and science of developing effortlessly controlled, elastic dynamic movement, for people across a spectrum of functional levels.

If you have ever wondered how to connect somatic approaches with biomechanics, emotions with fascia, and brain science with body experience, this course will expand your confidence, accuracy and insight as you develop your skills in analysis, and tune your teaching technique to a whole new level.

Designed specifically for professionals in the health and fitness industry such as Pilates teachers, body workers and personal trainers, JEMS® Movement EASE equips you with a greater understanding of natural movement in function and dysfunction, and how to unlock, enhance and optimise it in practical, easy-to-understand and immediately applicable ways

Every client has a unique collection of movement habits and strategies, some of which are useful, and some of which are creating barriers to their health and performance. Joanne will show you how to make the links between how they manage their body and the functional requirements of their lives to engage with them more relevantly and meaningfully.

- Guide your clients to find greater ease in their posture, more freedom in their movement and improved functional performance using JEMS®' unique approach for unlocking potential and facilitating movement performance with simple but powerful techniques.
- Extend your understanding of injury presentations, and learn to competently accommodate them as part of your programmes.
- Expand your skills and confidence in verbal and tactile cueing, discovering fresh and enjoyable ways to help clients to connect with their bodies.
- Learn to integrate multiple body systems effectively in order to stimulate balanced, elastic, enjoyable movement with self awareness and efficiency.
- Above all, learn to empower your clients to experience moving beautifully, no matter what their age or physical aspirations

JEMS® Movement EASE will bring a new richness to your understanding of dynamic movement.

Open the door to a truly holistic, integrated and systematic approach to health and performance training.

You will discover that the science of movement can be experienced with profound simplicity when experienced through the intelligence of your own body, and that skilfully applied neuroscience brings a magic and depth to your teaching practice.

Module 1: Essential Posture and Spine

- Posture: telling a new story with the body.
- Emotions meet biomechanics.
- Moving the brain to change neuromuscular patterns.
- Balancing the spine for movement fluency.
- The spinal locks: new insights into postural presentations.
- Practical solutions for the spinal locks.
- The trunk as transmitter and communicator of forces in the body.
- Elastic motion: engaging with the myofascial system

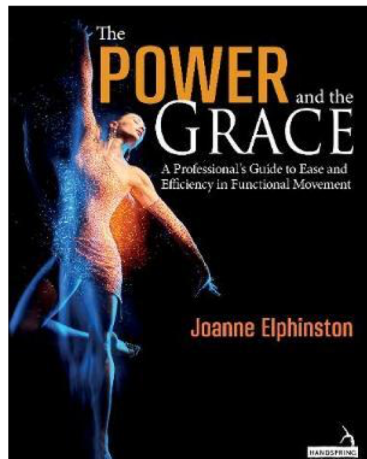
Module 2: Essentials for Lower Body Mastery

- The little known secrets to better lower body movement.
- The key movement functions in the lower body and how to assess them.
- Accessing the power programmes in the lower body.
- Systematic progression for each key movement function.

Support Reading

Elphinston J, 2019 The Power and the Grace: A Professional's Guide to Ease and Efficiency in Functional Movement

Designed for Pilates and yoga teachers, Body Workers, health and rehabilitation professionals, *The Power and the Grace* demystifies functional movement and integrates the science of movement with the art of teaching it. It aims to help the holistically minded movement professional achieve rewarding results in neuromuscular function. From brain science to physics, fascia to emotion, this book distils a seemingly complex field into a practical and instantly usable approach that will resonate with movement teachers at all levels of experience. Find the color in your language; learn the difference between talking to the brain or to the mind; and discover how to communicate the intention and sense of a movement with ease!



About Your Tutor

Joanne Elphinston

The creator of JEMS®, Joanne Elphinston, is a leading performance consultant in elite sport and the performing arts, a practicing physiotherapist specialising in chronic disorders, and a respected international lecturer and author in the fields of movement and rehabilitation.

In addition to her extensive international teaching schedule, Joanne's performance clients include Olympic, World Cup and other professional athletes, dancers and top classical musicians. She was Head of Performance Movement for the British Olympic Association, an author and speaker for the Swedish Sports Confederation, and a consultant to numerous national sporting bodies including the FA, Great Britain Kayak, Royal Yachting Association and England Athletics.

Joanne's work has been integrated into many fields, from child development through to falls prevention, musculoskeletal function and neurological recovery, and it is loved by practitioners for its intensely human, holistic but highly practical approach to physical performance.

Joanne is the author of two books, "**Stability, Sport and Performance Movement: Practical Biomechanics and Systematic Training for Movement Efficiency and Injury Prevention**" 2nd ed. and **The Power and the Grace: A Professional's Guide to Ease and Efficiency in Functional Movement**

BOOKING FORM 2020 EASE COURSE MELBOURNE

I WISH TO ENROL IN THE FOLLOWING 4 - DAY COURSE:			
JEMS EASE COURSE- THURSDAY to SUNDAY FEBRUARY 13 th & 16 th 2020 FULL PAYMENT \$1245 (or \$622.50 for those who have completed EASE Days 1 & 2 previously)			<input type="checkbox"/>
OR DEPOSIT 30% of Full Fees \$373.50 NOW The Remainder \$871.50 To be paid on January 10 th 2020			<input type="checkbox"/>
NAME:.....			
ADDRESS:.....POSTCODE.....			
PHONE: BUS AH/Mobile			
PROFESSION:QUALIFICATIONS:			
EMAIL:.....			
PAYMENT DETAILS	<input type="checkbox"/>	Acc Name: ACSTT BSB No: 063233 Acc No: 10136823 Please include your Surname & the words EASE on your bank transaction <i>Please ensure that this registration form is still emailed to ACSTT so that we have all your contact details</i>	\$ _____
CREDIT CARD	<input type="checkbox"/>	VISA / MASTERCARD	
I authorise ACSTT to process the remainder of course fees on Jan 10 th 2020		Card no: _____	\$ _____
		Expiry: ___ / ___	
Signed		Name on card:	
CONFIRMATION OF BOOKING: I have read and agreed to the terms & conditions of JEMS training – please tick box (this is essential for us to be able to confirm your place on the workshop)			
Signed			<input type="checkbox"/>
REFUND POLICY: Cancel before January 10 th 2020: Full refund minus administration fee of \$50 Cancel after January 10 th 2020: 50% of all paid fees refunded			

Please SCAN or PHOTOGRAPH this registration form & email to rlgranter@me.com