

Stretch-eze®

The Ultimate Full-Body Resistance Band



**Join Our Stretch-eze
Education Team!**





DYE-NAMIC
MOVEMENT PRODUCTS

Increase Your Studio Revenue

- ◆ Create new classes with Stretch-eze
- ◆ Conduct workshops and trainings for teachers
- ◆ Receive generous discounts on Stretch-eze bands and accessories to sell in your studio
- ◆ Gain Referrals
- ◆ Be part of a growing community with online support and guidance

2016 Training Dates/Locations

- ◆ **New York City, Pilates on Fifth**
Thursday May 12th, 9AM - 5PM
Kimberly and Katherine Corp
- ◆ **New York City, Pilates on Fifth**
Thursday Aug. 25th, 9AM - 5PM
Kimberly and Katherine Corp
- ◆ **Phoenix, PMA Offsite**
Thursday Oct. 27th, 9AM - 5PM
Kimberly Dye and Tatiana Trivellato– special offsite price \$300
- ◆ **Mountain View, CA - To be announced**
Teresa Maldonado Marchok

Training Course Content

Pilates Mat with Stretch-eze Module I 4 hours, PMA CEC's available

- ◆ With manual, follow starting positions, set-up, purpose and cueing, applying Stretch-eze use in Pilates Mat exercises.
- ◆ Learn to apply resistance and support for whole body connectivity, easing the load, or challenging the user.
- ◆ Practice transitions for maximum class flow.
- ◆ Apply modifications and theme specific applications.

Pilates Mat with Stretch-eze Module II 4 hours, PMA CEC's available

- ◆ Review and practice cueing from one wrap to the next.
- ◆ Learn, practice, and teach theme specific sequences from Ultimate Pilates Workouts with Stretch-eze DVD.
- ◆ Learn to design Stretch-eze adaptations to specific client issues.
- ◆ Teach and practice cueing in small groups.

Prerequisites

- ◆ PMA Certification
- ◆ Education and Teaching Resume
- ◆ Minimum of 3 years experience teaching Pilates Mat

Fees & Discounts

- ◆ Dye-namic Movement Products does not charge commission. You set the fee.
- ◆ Dye-namic Movement Products charges a \$50 materials fee which includes the manual, band, and two DVD's.
- ◆ Certified trainers are eligible for quantity wholesale Stretch-eze rates at 35-40% discount.
- ◆ Affiliate programs available
- ◆ To Register, visit Education > Workshops at www.dyenamicmovement.com



Instructors

KATHERINE AND KIMBERLY CORP Former Radio City Rockettes and identical twins have owned and operated Manhattan's largest Pilates studio, Pilates on Fifth, for over ten years. The two launched an innovative video website UltimatePilatesWorkouts.com in 2008. Katherine and Kimberly are certified in Pilates, Redcord (formerly ActivCore) and Gyrotonic and are NASM certified personal trainers.



TERESA MALDONADO MARCHOK, MPT, PMA[®]-CPT Teresa is a licensed physical therapist, former soloist with the Martha Graham Dance Company, and a guest faculty member for BASI (Body Arts and Science Int'l) where she teaches her BoneSmart Pilates for Osteoporosis workshop. Her award-winning DVD, BoneSmart Pilates[®], is sold world-wide. Founder of *Pilates With Teresa* in Mountain View, she combines best practices of Pilates with PT and has a special love for working with people of all ages and abilities.



TATIANA TRIVELLATO holds a graduate degree in Sports Physical Therapy and Business Administration. She hails from Belo Horizonte, Brazil where she owned and managed a Pilates/physical therapy studio for seven years. She is a PMA[®]-CPT Polestar Instructor, and Lolita San Miguel Pilates Master. Tatiana is responsible for introducing Stretch-eze trainings and workshops in eight different Brazilian states. She is co-founder and curator of Pilates Online YouTube channel and offers training and consulting for Pilates studios.





DYE-NAMIC
MOVEMENT PRODUCTS

About Us

We design, manufacture, and distribute world-wide sensory movement products used in therapy, dance and fitness since 1995.

Ideas for these award-winning props originate from work by Kimberly Dye as a movement therapist, dance, and Pilates mat instructor. We work with instructors who offer our training programs in the US, Japan, Russia, and Brazil.



DVD's



Training

For more information, contact kdye@dyenamicmovement.com or visit our website: www.dyenamicmovement.com



On the Cover: Class Photo by Cristina Lima.

Instructors (top left to bottom right): Katherine Corp (NYC), Kimberly Corp (NYC), Wendy LeBlanc-Arbuckle (TX), Teresa Maldonado Marchok (CA), Roberta Kirschenbaum (NYC), Tatiana Trivellato (US/Brazil), Kateryna Smirnova (Ukraine), Sakurai Junko (Japan).

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