



# **Stretch-eze**®

*The Ultimate Full-Body  
Resistance Band*

**ADD STRETCH-EZE TO YOUR  
TEACHER TRAINING PROGRAMS**





**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 store.
- ◆ Be part of a growing community with online support and guidance.

## 2017 TRAINING DATES & LOCATIONS

- ◆ **New York City, Pilates on Fifth**  
Thursday Aug. 10th, 9:30AM - 5:30PM  
Kimberly and Katherine Corp \$295  
To Register call Elizabeth: 212-687-8885
- ◆ **Rancho Mirage, Somatherapy Institute**  
**10 minutes from PMA conference,**  
Saturday Oct. 28th 3:00 - 6:30pm Module I,  
Sunday Oct. 29th 9am - 12:30pm Module II  
Wendy LeBlanc-Arbuckle, Kimberly Dye \$295  
To Register call 425-367-2528

**Training materials \$50 includes one  
Stretch-eze, manual and DVD**

# COURSE CONTENT

## **Pilates Mat with Stretch-eze Module I**

4 PMA CEC's available

- ◆ With manual, follow Stretch-eze starting positions, set-up, purpose and cueing, in key Pilates Mat exercises.
- ◆ Use whole body resistance to sense and teach how to shift from old inefficient movement habits to new ability.
- ◆ Practice cueing transitions for dynamic class flow.
- ◆ Apply modifications and theme-specific applications.

## **Pilates Mat with Stretch-eze Module II**

4 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.
- ◆ Practice in small groups to receive valuable feedback.

## FEATURED IN:



# "THE NEW WONDER PROP"

*"...the brilliance of Stretch-eze is that it awakens the fluid relationship between inner and outer body activating our innate ability to move with biotensegrity and ease, rather than feeling like an object that needs to be fixed or trained".*

**Wendy LeBlanc-Arbuckle**

## DISCOUNT PROGRAMS:

- ◆ You teach the trainings- Dye-namic Movement Products does not charge commission. We want you to bring your expertise to your Stretch-eze programs.
- ◆ Receive quantity reseller 35-40% discounts on Stretch-eze and educational materials.
- ◆ Affiliate programs available at 10% commission rate.



## 2017 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](http://UltimatePilatesWorkouts.com) in 2008. Katherine and Kimberly are certified in Pilates, Redcord (formerly ActivCore) and Gyrotonic and are NASM certified personal trainers.



### **WENDY LEBLANC-ARBUCKLE,**

Director Pilates Center of Austin and creator of the 3Core Connections® Embodied Perspective. An international leader in embodied movement, Wendy's vision is to illuminate the universal core principles that underlie all great bodymind practices. Her life-changing work enables students and practitioners of any discipline to discover their wholeness, cultivating the portal to their own voice, guided by the brilliance of their biointelligent wisdom.



**KIMBERLY DYE,** former career dancer, ballet teacher, certified Dance/ Movement Therapist, and Balanced Body mat trained is creator of Stretch-eze as well as several other award winning sensory products used in movement education, therapy and fitness worldwide. She developed her Stretch-eze programs over an eight year period while teaching Pilates mat and stretching in club and private settings.



# ABOUT US

We design, manufacture, and distribute worldwide 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, dancer, and Pilates mat instructor. We work with instructors who offer our training programs in the US, Japan, Russia, Switzerland, 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, NC),  
Teresa Maldonado Marchok (CA), Roberta Kirschenbaum (NYC),  
Tatiana Trivellato (Brazil), Kateryna Smirnova (Ukraine),  
Sakurai Junko (Japan). Stretch-eze® is a  
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