



Stack the Odds: Use What you See for a Better Part C

Presented by: Charlotte Rosen, L3 MI & Mentor

Friday, June 26th, 2026 from 1:30pm - 3:30pm PDT
Montese Ballroom 4

Description


Part C is where thoughtful discernment can create long lasting change for the body in front of us. But do you ever feel like it's Groundhog Day in your Part C's? Same exercises, same results...or are you staring at your client thinking, "What am I going to do for Part C?" Discover how to focus on to observation, assessment, and selection of exercises within Part C to better support the body in front of you. Watch real bodies in motion, discuss key challenges when choosing exercises, and collaboratively apply selections in real time. When we sharpen what we see, we make more precise, impactful decisions. Let's sharpen your vision!

After this workshop, you will be able to:

- 1) Observe and identify patterns in the body
- 2) Strengthen your Part C decision making skills

Leave feeling empowered to look at bodies with a fresh perspective!

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What gets in the way of Part C choices?



Timeline

Before the Session Begins

Stillness

In Motion

Before the Session Begins

Section 1

Guiding Questions: What information can we gather before the session begins? What are your clients' patterns of everyday living?

Activity

Identify a client of your own.

What is the pattern in their lifestyle that needs to be balanced in Pilates? What is your goal in Part C? Take a moment to think and write down your thoughts in the box below. Then, we will share as a group.



Before the Session Begins

Stillness

In Motion

Stillness

Section 2

Let's look at bodies in stillness (not doing Pilates) to refine your eye.

Guiding Question: How can we recognize patterns in stillness?

Activity

You will be placed into small groups. Each individual will take their own notes. Observe and write down what you see in the box below. When observing, please allow silence. One person from each group will present to the larger group.

What do you notice about the individuals' posture? Why does this matter?

Before the Session Begins

Stillness

In Motion

Stillness

Section 2

Tracing the 5 S's to auxiliary.

Areas of Opportunity	Auxiliary	Cueing
Strength	Low Chair, Arm Springs, Leg Springs, Sand Bag	
Stretch	Baby Barrel, Spine Corrector, Ladder Barrel, Push Through	
Stability	High Chair, Air Plane Board, Foot Corrector	
Stamina	Jump Board, Tempo of Series (i.e., Mountain Climber)	
Slump	Baby Chair, Ped-O-Pul, Magic Circle, Wall	

Cueing Notes

Before the Session Begins

Stillness

In Motion

Stillness

Section 2

Tracing the 5 S's to auxiliary.

Activity

Walking in real time. Write down notes/observations below.

Before the Session Begins

Stillness

In Motion

In Motion

Section 3

Let's look at bodies in motion doing Pilates.

Guiding Question: How does this inform our Part C choices?

Reformer

- Footwork, Hundred, Frog & Leg Circles

Mat

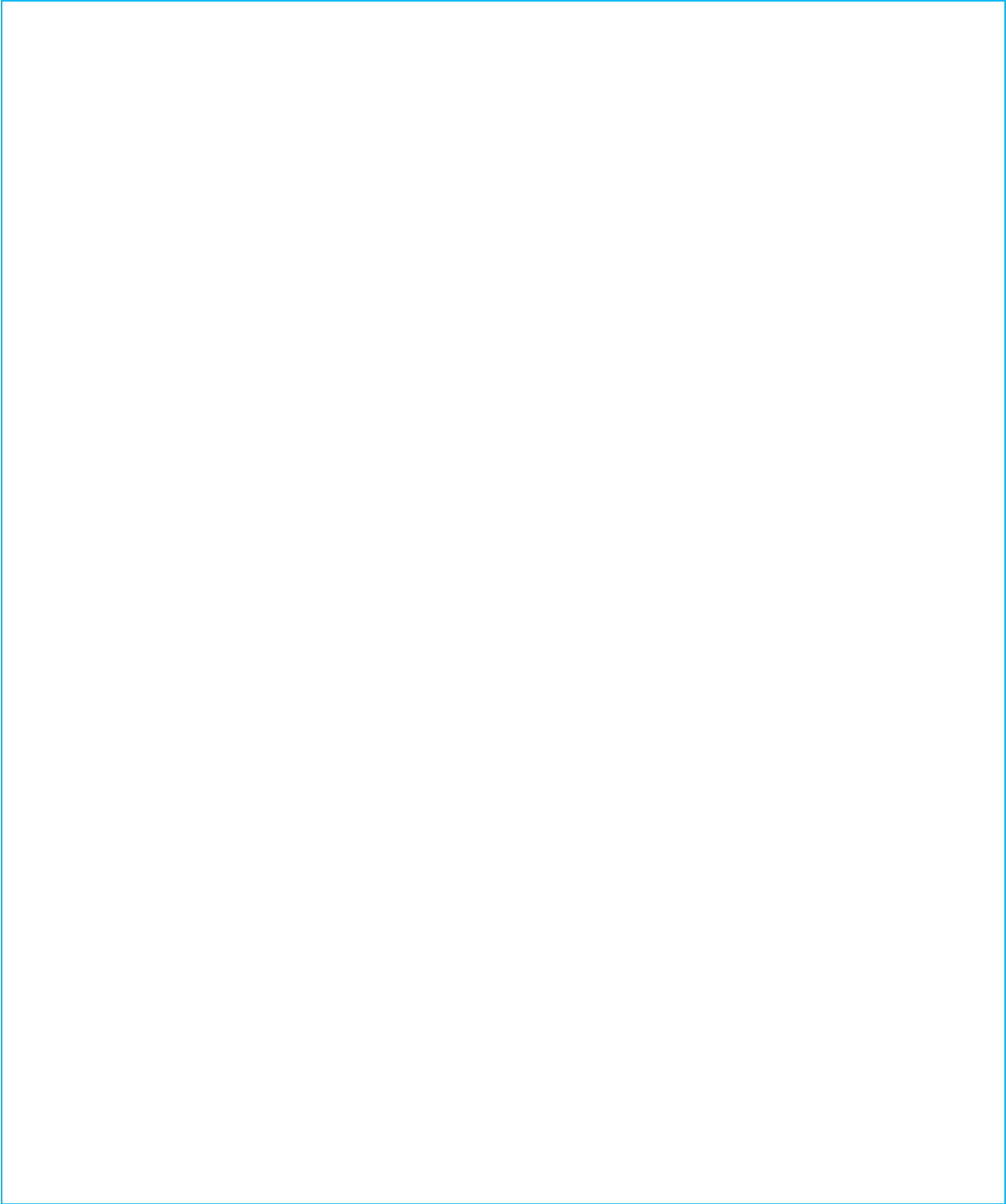
- Hundred, Roll Up, One Leg Circle

Activity

You will be placed into small groups and assigned Reformer or Mat. Observe one body in motion. When observing, please allow silence. Each individual takes their own notes and comes up with their own Part C. Discuss what you saw and your thought process for your Part C selection.

My Observations

Part C Selection

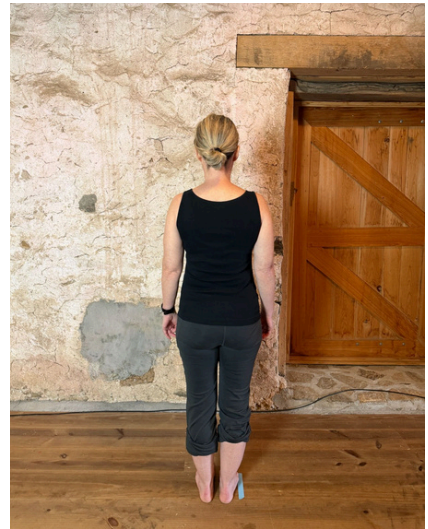


Part C Case Study

Gloria's 10 Sessions Visual Perspective

Before and After

Lesson 1 Before



Lesson 10 After

