

BENJAMIN RASHLEIGH

Shoulder Savvy

A Pilates Approach to Movement assessment, Mobility and Motion

SHOULDER SAVVY

Workshop Presenter:
Benjamin Rashleigh

Date and Time:
Sunday 9th of November 2025
Time: 9 am - 3:30 pm

Location:
Movementor Pilates
LEVEL ONE,
140 COLOMBO ST
BECKENHAM
CHRISTCHURCH

Duration:
5.5 hours
+ break

Presentation style:
Combination of lecture and
practical motion assessments &
exercise application

Brief

Shoulder Savvy is a practical and educational workshop designed to deepen understanding of shoulder mechanics and motion, while building assessment and programming skills for Pilates professionals. Participants will learn how to observe and interpret shoulder function, then apply targeted strategies to improve mobility, stability, and strength using the Pilates method. The workshop covers when and how to implement specific techniques, with the goal of building confident, adaptable teaching strategies for working with diverse client needs.

Ben draws on his experience with clients, his training in the Pilates method, insights from current research, and principles from Functional Range Systems to deliver an integrated, evidence-informed approach.

Content

- Functional anatomy of the shoulder complex
- Kinematic analysis of shoulder motion
- Assessment strategies to identify mobility and strength limitations
- Exercise selection to enhance articular control, mobility, and recruitment
- Understanding the interplay between mobility and strength in shoulder programming
- Practical application within the Pilates method
- Q&A and case discussion

Outcome

Participants will leave with a clearer understanding of shoulder mechanics and improved confidence in selecting and programming exercises to support healthy shoulder function. They'll gain practical tools to address mobility, recruitment, and movement quality across a range of client presentations, and will learn how to integrate these strategies effectively into their Pilates teaching.