

BENJAMIN RASHLEIGH

Shoulder Savvy

A Pilates Approach to Movement assessment, Mobility and Motion

SHOULDER SAVVY

Workshop Presenter:
Benjamin Rashleigh

Date and Time:
Saturday 25th of July 2026
Time: 9 am - 4 pm

Location:
The Movement Room Pilates
2-4 Arthur St,
Point Arkwright, QLD
4573

Duration:
6 hours
+ breaks

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

Brief

Shoulder Savvy is a practical, assessment-driven workshop designed to improve how Pilates practitioners understand, observe, and train shoulder motion within real studio contexts. Rather than treating the shoulder as a single joint or relying on pre-set exercise choices, this workshop focuses on interpreting how the shoulder complex actually moves.

Participants will explore foundational shoulder anatomy and kinematics, then learn how to assess motion quality, identify limiting factors, and make informed decisions around mobility, strength, and exercise selection.

From there, the emphasis shifts to application: how to program and integrate shoulder-specific strategies into the Pilates method in a way that builds capacity, resilience, and movement confidence over time. Drawing on clinical experience, contemporary research, the Pilates method, and principles from Functional Range Systems, this workshop bridges the gap between assessment and meaningful action.

The goal is not more shoulder exercises, but better judgment, clearer reasoning, and stronger outcomes for the people you teach.

Outcome

Participants will leave with a clearer understanding of shoulder movement mechanics and the ability to assess, select, and apply mobility and strength strategies that improve shoulder function, recruitment, and overall movement quality within Pilates programming.