

# Pilates for Teens and Teen Athletes – Virtual Workshop

*By Cathy Terrazas*

Pilates is an amazing mind-body-spirit movement system that everyone can benefit from – and that includes the teenage population. When viewing archival photos of Joseph Pilates, he is seen working with clients of all ages – including teenagers! As a mom of a teenager myself, I have learned that working with this population of movers can be both challenging and immensely rewarding. Teens are in the in-between stage in life – they are no longer children but are not yet adults. They are physically, mentally, and emotionally evolving and growing from year to year. Did you know the average teenager grows three inches a year? Add in the many other physical and emotional changes teens go through, and it's not surprising that this group of people may often feel conflicted, confused, self-conscious, and frustrated.

In addition, more and more teens are involved in sports and many at a very high level. As the number of students involved in sports increases, so does the number of sports-related injuries. All athletes, teens included, want to stay in the game and play pain-free. They want to improve their performance, get stronger, be faster, jump higher, shave a few more seconds off on their time, play a few more minutes each game, or score a few more points. For many, incorporating Pilates into their training routine can be the big difference.

Working with the teenage population doesn't have to be overwhelming or intimidating. By introducing teens to the Pilates method and the basic Pilates principles, teens can work through the physical and emotional changes hormones bring on with a bit more ease. Athletes are given tools that can improve their performance and help prevent injuries.

Join me for a live workshop (or recorded) on June 21<sup>st</sup> and learn how to successfully work with teens and teen athletes. In this workshop, we will cover the changes that this population goes through mentally and physically as well as demystify the work teens can do in the Pilates movement system. For the athletes, we will look at the common movements patterns performed, cover common injuries this population faces, and how the classical system can bring balance to their bodies.

I hope you will join me for “**Pilates for Teens and Teen Athletes**”. See you there!

### **Pilates for Teen Athletes – Virtual Workshop**

**Location:** Online

**Date and Time:** June 21, 2024 – 1:00pm – 3:00pm (Central)

To **register:**  
<https://peakpilates.com/pilates-for-teen-athletes-virtual-workshop-june-21-2024/>