



## Module 3 Agenda – Wunda Chair

**Saturday, May 16 & Sunday, May 17, 2026**

### Saturday, May 16 – Fundamental & Intermediate Chair

Time	Topic
10:00–10:20	Welcome, introductions & classical mat warm-up
10:20–10:30	History and purpose of the Wunda Chair: what to know, safety, springs, setup, and why Chair work is valuable in the Pilates system.
10:30–13:30	Chair Exercise Study: Fundamental + Intermediate
13:30–14:00	Break
14:00–16:00	Teaching Lab: Rotation Practice

#### Exercise Categories Covered

##### Fundamental Chair

- Supine exercises
- Side-lying exercises
- Seated exercises
- Standing exercises

## **Intermediate Chair**

- Kneeling exercises
- Supine exercises
- Prone exercises
- Seated exercises
- Standing exercises

## **Saturday Teaching Lab – In Depth**

The Saturday teaching lab is designed to help students bridge the gap between understanding exercises and confidently teaching them. Students work in groups of three and rotate through the roles of teacher, mover, and observer.

### **Teacher Role**

The teacher practices giving clear setup instructions, choosing appropriate springs, guiding safe entry and exit, cueing movement patterns, and maintaining flow throughout the exercise.

### **Mover Role**

The mover performs the exercise exactly as a client would during class and provides feedback about the cueing and overall experience.

### **Observer Role**

The observer develops the instructor's eye by watching posture, alignment, movement quality, safety, compensations, transitions, and spring choices.

### **Why the Rotation System Works**

Teaching develops confidence and communication skills, moving improves body awareness, and observing trains students to analyze movement patterns and recognize client needs.

## **Saturday Teaching Lab Timing Structure**

### **14:00–14:35 – Round 1: Alignment & Setup**

Focus on setup, spring choices, alignment observation, body positioning, and safe entry/exit.

### **14:35–14:45 – Transition & Feedback**

Quick role rotation, discussion, and instructor clarification.

### **14:45–15:20 – Round 2: Cueing & Communication**

Focus on verbal cueing, breath cueing, pacing, and communication clarity.

### 15:20–15:30 – Transition & Feedback

Role rotation and refinement discussion.

### 15:30–16:00 – Round 3: Flow, Observation & Teaching Presence

Students teach approximately **2–3 connected exercises** while focusing on transitions, pacing, observation, confidence, and complete teaching integration.

Round	Student A	Student B	Student C
Round 1	Teacher	Mover	Observer
Round 2	Observer	Teacher	Mover
Round 3	Mover	Observer	Teacher

## Sunday, May 17 – Intermediate & Advanced Chair + Reformer Connections

Time	Topic
10:00–10:10	Review, questions & discussion from Saturday
10:10–10:30	Classical mat warm-up
10:30–13:00	Continue Intermediate Chair + Advanced Chair Exercises
13:00–13:30	Break
13:30–16:00	Teaching Lab: Rotation Practice

### Exercise Categories Covered

#### Intermediate & Advanced Chair

- Supine exercises
- Prone exercises
- Seated exercises
- Standing exercises

## **Reformer Connections**

- How Chair work supports Reformer strength, control, balance, and transitions
- How Reformer patterns appear in Chair exercises
- Understanding cross-apparatus movement patterns

## **Sunday Teaching Lab – In Depth**

The Sunday teaching lab focuses on intermediate and advanced movement observation, progression management, and teaching precision under increased challenge. Students continue rotating through teacher, mover, and observer roles while refining communication, safety awareness, and teaching presence.

### **Teacher Focus**

Teachers focus on progression readiness, advanced movement patterns, pacing, and maintaining control while teaching more dynamic exercises.

### **Mover Focus**

Movers experience advanced exercises firsthand while observing how cueing, pacing, and transitions affect movement quality and confidence.

### **Observer Focus**

Observers analyze posture, movement quality, compensations, breath, pacing, safety, and teaching clarity while developing stronger observation skills.

## **Sunday Teaching Lab Timing Structure**

### **13:30–14:05 – Round 1: Precision & Progression**

Focus on advanced setup, progression readiness, alignment observation, and recognizing when clients are not ready to progress.

### **14:05–14:15 – Transition & Feedback**

Quick role rotation and discussion.

### **14:15–14:50 – Round 2: Advanced Cueing & Control**

Focus on minimal yet effective cueing, breath rhythm, pacing, and confidence/control in advanced exercises.

### **14:50–15:00 – Transition & Feedback**

Role rotation and refinement discussion.

### 15:00–16:00 – Round 3: Flow Development & Teaching Presence

Students teach approximately **2–3 connected exercises** while focusing on advanced transitions, pacing, observation, flow development, and complete teaching integration.

Round	Student A	Student B	Student C
Round 1	Teacher	Mover	Observer
Round 2	Observer	Teacher	Mover
Round 3	Mover	Observer	Teacher