



## Designing the Perfect Group Class — The Art and Science of Collective Movement

### Description:

Join **Dr. Brent Anderson**, founder of **Polestar Pilates**, for an engaging workshop designed to elevate your skills in group instruction. Drawing on insights from **swarm theory** and the **flocking techniques of modern dance**, Dr. Anderson explores how movement professionals can create dynamic, responsive, and socially connected group experiences that inspire participants and optimize performance.

This interactive session blends theory, demonstration, and guided movement practice to reveal how the principles that govern natural group behavior can be applied to teaching movement. Participants will discover strategies for cultivating connection, cohesion, and flow within a class—turning a group of individuals into a unified, energized community of movers.

### Participants will learn how to:

- Understand and apply the **science of swarm theory** to enhance group interaction and responsiveness.
- Explore the **flocking technique** as a model for leading and following in a movement context.
- Identify the key **rules and strategies for optimizing group instruction**, including spatial awareness, pacing, and cueing.
- Refine their teaching techniques to elevate class performance, engagement, and enjoyment.