

## **What Is DRT Dynamic Resilience Training®?**

Deborah observed the strengths and shortcomings of Joseph Pilates' classical work. For example, there is an excessive amount of spinal forward flexion and many people find a classical Pilates program too challenging or even too painful to begin and/or maintain. Seeing a need, Deborah created a “Gentle Challenge” level to make Pilates more accessible. Then, for related reasons, she created a program designed for men and women age 40+ with three levels of challenge and choreography far removed from the work of Joseph Pilates. Deborah’s innovative sequences include multi-planar, spherical movements that challenge your muscles and brain in various ways using a variety of exercises & equipment.

DRT Dynamic Resilience Training® is a mindful, clinical, progressive form of low-impact exercise & resistance-based strength training focused on the uniform development of the body. It promotes a healthy spine, remedies physical imbalances and often alleviates chronic physical conditions. DRT helps you "bounce back" and handle the mind/body challenges you encounter at work, home, and play. That requires proprioceptive awareness, neuromuscular control, strength, coordination, flexibility, balance, endurance, and a whole lot more.

In your one-on-one sessions, Patrick safely guides you as you perform exercises on Pilates Equipment. For six weeks in a row, we work on one sequence on one Pilates Apparatus (Reformer; Cadillac; Tower; Chair; Ladder Barrel). Then, we go on to the next sequence on the next apparatus. It takes 18 months to complete a full program cycle. This continually challenges your body, keeps your motivation high, and produces exceptional results. Patrick's precise instruction invites fresh attention, keeps you mentally present, and creates new neuromuscular connections.

### **Brief Synopsis Of Deborah's Qualifications**

Deborah Redmond is co-founder of DRT Dynamic Resilience Training®. She has over 30 years of experience in fitness & wellness and has earned certifications in the following: Pilates Instructor; Franklin Method Educator; American College Of Sports Medicine Health Fitness Instructor; Yoga Instructor. She earned her master's degree in Marriage Family Therapy and is a Marriage Family Therapist licensed in California and Pennsylvania specializing in Yoga Psychology.

## **Feel and Look Better Than You Have in Years:**

Strong, Long & Lean; A Great-Feeling Back; And No More Jelly Belly.

DRT Dynamic Resilience Training® will give you a DRT Body that is:  
Healthy. Radiant. Strong. Flexible. Sleek. Sculpted. Long. Lean. Lithe. Supple.

## **Our Clients LOVE DRT.**

Read inspiring testimonials from our many and diverse clients over the years.

On our website, select/click icon: Inspiring Testimonials.

## **Safety First:**

In his prior career, Patrick worked for 15 years as an Insurance Underwriter. He understands risk factors, how to ensure safety, and how to prevent accidents. He will clinically-customize our carefully-curated choreography for you. His continuous course corrections will safely and efficiently guide you. Patrick safely teaches you One-On-One at the level that is best for you.

Gentle Challenge (GC): Improve Proprioceptive Awareness And Neuromuscular Control. Increase Bone Density. Improve Balance, Stability, Coordination, Strength, And Flexibility. Develop Dynamic Resilience (Bounce Back). Improve Posture. Move Precisely And Control Body. Sharpen Mind And Improve Memory. Increase Energy And Zest For Life.

Optimum Conditioning (OC): More Challenging Than GC. Achievable For Many People.

Ultimate Challenge (UC): Most Difficult Level. Achievable For 20% Of People.

## **In Every Session You Receive:**

**Complete Instructional Focus And Attention Of Co-founder Patrick Redmond**

*(all sessions are one-on-one; Patrick has taught over 20,000 sessions)*

**Highest Possible Safety And Results**

**Carefully-Curated Choreography Of Co-founder Deborah Redmond**

*(produced over 100 movement sequences and over 50 wellness videos)*

**Impeccably Maintained Studio**

**Top Of The Line Equipment**

# Achieve Exceptional Results:

Patrick Redmond, co-founder, carefully teaches with precise attention for your safety and results. He inspires you to perform at your highest level with cues, corrections, compliments, clarifications, images, and anecdotes. He has taught for over 15 years, more than 20,000 sessions, with clients from over 100 different backgrounds\* with more than 100 different body conditions\*. Through The Law Of Large Numbers, Patrick knows his stuff, and he knows in his bones that there's always more to learn. \*On our website, select/click Programs; then DRT; then Clients & Conditions; then icon "ClientTypes"; then icon "Body Conditions".

Patrick:

"Deborah and I met and married in San Francisco in 1996 and have been together ever since. We are both passionate about our life and our work. We have complementary personalities. Among other things, Deborah creates and carefully curates the choreography for all of our Red Mountain Wellness offerings including DRT. Thanks Deborah!"

## To Our DRT Clients:

"I love working every day on your and my health and wellness. DRT Dynamic Resilience Training® is ultimately designed to help you achieve your highest personal and professional goals. To do that, you need a body that comfortably, efficiently, and effectively does what you want it to do. You need the highest possible proprioceptive awareness and neuromuscular control. These invaluable ideas underlie all other aspects of DRT."

"Our DRT work complements any other mindful movement you enjoy. Thank you for allowing me the privilege of joining you on your journey to optimum health and wellness."

"Your safety is my highest priority and is always addressed with our first signature principle, **"Safety First, Then Results"**. And, in that context of safety, we maximize your results. If you have an orthopedic (bones/joints), soft tissue (muscles, tendons, ligaments, fascia), or nerve injury/limitation that is not realistically going to change, then we intelligently work to manage that in our sessions, including modifying exercises, using helpful props, performing alternate exercises, and/or skipping exercises. And, as is often the case, if the pertinent limitation(s) is/are changeable, then we work together to safely change the mind/body to the point where that/those limitation(s) may permanently drop away."

"Your intelligence is highly respected. Our second signature principle, **"First Embody, Then Teach"**, means whatever I teach you must first make sense to me logically/scientifically and in my own body. It means I continue to regularly perform all DRT levels, sequences, and exercises. Every day I strive to give you my best instruction, knowing that there are always new insights to test and, where warranted, integrate into the work. Through that continuous conscious effort, the work deepens with no end in sight and it stays fresh, interesting, and exciting for you and for me.

## **Are You Sure I Can Do This?**

As long as you have your Medical Doctor's approval to exercise, you can do this. Patrick will safely guide you every step of the way. And if our Gentle Challenge Level is too challenging for you, then we will modify as much as needed so you can build up whatever is necessary until you can "graduate to GC" or safely stay in clinical "pre-GC".

## **What If I Feel Uncomfortable Or Embarrassed About Exercise?**

Every session is one-on-one. There are no "classmates" about which to be concerned. Patrick takes a clinical approach to understand and honor your strengths and limitations. He then helps you safely make as much progress as possible each session by building on your strengths and progressively overcoming your limitations. Everyone is different and every person's mind/body package has strengths and limitations.

## **Can My Wife/Husband/Partner/Friend And I Attend Together?**

All sessions are one-on-one. The work is clinical and focused entirely on YOU! Your "plus one" can wait within earshot in our reception room during your session. And they are welcome to attend their own one-on-one session immediately before or immediately after your session. Savor DRT as one-on-one work and you will experience exceptional results.

Over the years I have taught DRT on Pilates Equipment in one-one-one, duet (2 clients), and small group classes (3, 4, 5, and 6 clients at a time). In all that time, there have never been two people who had the exact same strengths and limitations in a DRT session. The "fun" of the session may increase as the number of clients increases. However, the clinical effectiveness of making your body move more safely, efficiently, effectively, and (seemingly) effortlessly is absolutely greatest in one-on-one sessions.

# Can DRT Truly Challenge Me?

(Professional Athlete/Dancer/Movement Instructor)

(Amateur Athlete/Dancer/Movement Performer)

Yes. Absolutely!

This work is aimed at the impossible goal of perfect movement made to appear effortless. Impossible because there truly is no end in sight where everyone would agree that there will never be a way to improve a particular performance of a particular exercise. Perhaps perfect for that day and/or for most people ... but not perfect forever. A musician said about the importance of continuing to practice and improve: "If I skip practice one day, I notice. Two days, the critics notice. Three days, the audience notices." In DRT, there is always more to learn, there are always ways to improve, and there is always more to practice.

You will receive **MANY CORRECTIVE CUES** to improve your performance of the repertoire, and in turn, your athletic/dance/movement performance.

You learn over time to embody important principles about the work. These are our Creative Cueing and Essential Embodiments. These are in addition to the particular exercise's basic breathing and movement. How you perform the movements is crucial to the results. Over years of teaching, these have become a long set of shorthand terms and images that remind you to do everything you are supposed to do during that exercise. These pithy terms instantly remind you what you need to do. More and more of these terms "arise" or, depending on your point of view, "reveal themselves" to me the more and more I instruct DRT sessions. Like many disciplines, the more you put into it, the more you get out of it.

For example, "**Always Accountable All Parts**", requires you to remain aware of and control virtually every movable bone in your body (we do not specify what certain bones, such as ear bones and/or hyoid bone, must do because, for our work, those bones are not considered movable). This includes such ideas as the gross level position in space (outside the body), the joint-surface position (inside the body), the gross-level movement through space (outside the body), the joint-surface movement (inside the body). When you fully perform a DRT exercise, you can account for every bone in your body and know which ones are supposed to relax, which ones are supposed to stabilize, which ones are supposed to move, and which ones need to simultaneously stabilize and move (e.g. stabilize elbow joint at a 135-degree joint angle while moving it through space drawing an oval in front of your torso just below collarbones and just above navel).

Here are some more Creative Cueing and Essential Embodiments examples:

"Engage The Cage"; "Preserve The Curve"; "Upright-Vertically-Centered"; "Soft Supple Shoulders"; "Anchors and Envelopes"; "Conscious Corset Contraction"; "Brainy Not Brawny"; "Flush Front Facing Forward"; "Cradle Egg Don't Crack It"; "Teeny Tiny Chin Nod"; "Telescoping Truly Tallest Toward Tower"; "Firm Footprint Foundation"; "Bone-By-Bone Is Best"; "Rise From Roots"; "Twinkle Toes"; "Pencil Toes"; "Toboggan Toes".)

Again, DRT Dynamic Resilience Training® aims for movement perfection.

Therefore, there will ALWAYS be challenges for you and for me.