



# Method Putkisto

## FACE SCHOOL

# Training 2007

*The face is an ultimate expression of yourself.*

MP Face School improves your everyday life. Under professional supervision you will learn how to balance your face and realign your neck and head and the impact this has to your overall wellbeing and performance. MP Face School training is a detailed specialised instructor programme to teach how to use the facial muscles in a new manner.

### **What is Method Putkisto FACE SCHOOL?**

The primary target of the Method Putkisto FACE SCHOOL is to rebalance the facial muscles and realign your upper body.

#### *Background*

*Method Putkisto is a deep stretching, deep strengthening and deep breathing technique designed to achieve optimum muscular balance, good posture, and superior levels of physical performance, appearance, health and well-being.*

MP Face School regime has stretches to release the tense muscles around the jaw and neck, and detailed strengthening exercises for the expression muscles. The work is based on the neck/head alignment and approaching the body as whole. *"When the head and face are free – the whole body is free. Marja Putkisto".*

The work is based on relaxation, using visualization, breathing, pressure points, massage, stretching, and voice placement utilising natural gravity force. The precise exercises activate the muscle memory and teach you a skill for life.

### **Results**

You will both see and feel the results after one session. We recommend regular exercises, when the improvements become more permanent.



### Posture – alignment of the upper body

Corrects the alignment of your shoulders, neck head and jaw. Affects and balances your overall wellbeing



### Appearance – the way you look

You learn to identify your facial muscles

- Features get more defined.
- Double chin diminishes or disappears.
- Eyes will get brighter and skin colour improves.
- Face remains youthful.



### Wellbeing

- Improves your overall wellbeing
- Alleviates the stress and improves the quality of sleep
- Reduces the puffiness of the face.
- Frees the shoulder tension and alleviates the headaches
- Alleviates the cringing problems.
- Improves concentration



### Expression

- You will be able to express your self by learning to isolate the expression muscles and use them in a new manner.
- The placement of the voice will improve.

### Who is it suitable for?

The Method and Face School can be offered to individuals as well as groups and the programme is suitable for people of all ages and physical backgrounds. You can apply Method Putkisto Body and Face to all forms of physical performance, fitness or rehabilitation programmes and achieve notable improvements.

Method Putkisto is complementary to other fitness and body techniques. It works as a “bridge” to the methods such as Pilates Yoga or any exercise. The training is divided into BODY & FACE.

## Method Putkisto FACE SCHOOL Instructor?

Method Putkisto Face Instructor work is for those who have an eye for detail and interest in the overall balance and health of the face. We are looking for creative, skilful, independent people of any age who enjoy teaching and working with people – and the challenge of launching the Method onto the UK market. The work offers you flexible hours and control over your work; it can be carried out in conjunction with another career.

## The Method Putkisto Institute

Method Putkisto Institute was established in 1995 by Marja Putkisto. In 1997, the Method Putkisto Institute received an award from the Finnish government in recognition of the valuable contribution made by Marja Putkisto towards increasing people's health and well-being. This award was targeted towards increasing the number of Method Putkisto instructors across Europe. Consequently, in 2001, the Method Putkisto Institute began offering a professional training programme in the UK and, in 2005, in US. The Institute primarily trains Method Putkisto Body and Face instructors and in Finland, Method Putkisto Pilates instructor training is also offered.

The training is focused to achieve high level skills and knowledge. The MP Institute provides support and ongoing resources for Method Putkisto Instructors to maintain their skills as well as keep up with their business. Method Putkisto Institute has trained over 200 instructors in Europe and sold over 160,000 MP books and DVD's.

In 1999, Marja Putkisto opened Method Putkisto Studio in Richmond, Surrey UK and, in 2004, in Helsinki, Finland.

## MP Brand & PR & Protected Method

Only licensed Method Putkisto Instructors may teach Method Putkisto offering us a unique position in a professional field.

*MP was chosen as one of the best Finnish sport design products represented in the World Championship Competition 2005 in Helsinki by Design Forum.*



**Marja Putkisto** is the founder of Method Putkisto, the MP Institute and the Method Putkisto professional training programme worldwide. She has published a number of books about Method Putkisto and is the most successful health and fitness author in Finland of all time. She is also a founder of MP Pilates training in Finland. Marja regularly teaches and gives lectures all over the world and her main work is the ongoing development of Method Putkisto.

Marja worked as a dance and movement specialist and developed her technique while working at the Sibelius Academy (Finnish University of Music) and Finnish National Opera. Marja studied valuable techniques, such as Pilates, Alexander Technique, traditional ballet and singing training, physiotherapy and sport medicine. The face school was developed additionally to the Body programme simply to add another dimension to her unique technique of deep stretching, strengthening and breathing - Method Putkisto.

**Jarmo Ahonen**, Development Director & board member of Method Putkisto Institute



Jarmo is a co-founder of MP Pilates with Marja Putkisto training in Finland, the Director of the Sport Therapy Association and a Board member of both IADMS (International Association of Dance, Medicine and Science). He has been Finland's summer Olympic team physiotherapist since 1984. Jarmo also works as the main physiotherapist for the Finnish Olympic Committee, Finnish National Ballet and National Ballet School and with the Dance and Health Association of Finland. Jarmo's work is known in professional circles all over the world. His main work is to ensure that the training provided by the MP Institute is based

on the latest knowledge and research about the anatomy and biomechanics of the body. Jarmo's input can be seen as an important part of the MP Face School.

**Tatiana Novaes Coelho**, Teacher of the Method Putkisto/Training Co-coordinator MP Institute



Tatiana has been working with professional ballet and professional companies for many years in the UK and abroad. In 2004, Tatiana completed the Method Putkisto instructor training and has since been teaching the method. Tatiana is a trained Pilates Instructor by Alan Herdman and Shirley Hancock.

### How to apply?

We are pleased to invite you to an introductory training workshop the details of which are enclosed. Interviews will take place after the workshop.

Please call: 07904 293642 or email: [training@methodputkisto.com](mailto:training@methodputkisto.com) to book a place.

Also, please fill in the application form and send it back to us at:

**Method Putkisto Institute Ltd.**  
56, Derby Road,  
London  
SW14 7DP  
[www.methodputkisto.com](http://www.methodputkisto.com) Tel: 020 8878 7384