



Peak Performance Pilates presents a workshop by

Dr. Richard Robertshaw, D.C.

Friday, June 11, 2010. 9am - 12 noon. \$85.



Open to anyone curious in the body, health, and optimal spinal and shoulder function!

Cranial motion and its relationship to the jaw and other weight bearing joints, and the “fight or flight” (stress) mechanism.

The following will also be reviewed: Cranio-sacral motion, anatomy, jaw problems, stress patterns, cranial work. Pelvis motion and sphenoid motion and their relationship. Pelvic muscles, pelvic diaphragm.

Dr. Robertshaw, Doctor of Chiropractic, is one of the most respected Cranial Sacral practitioners in the Bay Area. He practices Applied Kinesiology, Osteopathic and visceral techniques, lectures worldwide and is the inventor of the ergo-kinetic chairs.

Dr. Robertshaw is a gifted speaker, transforming complex ideas into simple and intriguing presentations. His profound techniques and knowledge result in instant improvements in difficult medical and performance conditions.

Peak Performance Pilates, 126 Post, 3rd. floor, SF, CA 94108.

for information contact Jennifer Stacey, M.S., js@peakperformancepilates.com

Cash, Check and Credit Card accepted. Credit Card payments will be processed at Peak Performance Pilates.

Please write checks to: Dr. Richard Robertshaw.

Space is limited. 100% refund allowed up to June 2, 2010. After June 2, nonrefundable.

www.peakperformancepilates.com,

For weekly health tips from Pilates and Health professionals go to Facebook: Peak Performance Pilates

Upcoming events:

Pilates’ Health Forum Series: Forum One

“The Placement of the Head and neck in the Pilates’ Repertoire”

Enhance Pilates performance and discover solutions for movement problems and injury through a Chiropractic, Chinese Medicine, Naturopathic, Nutritional, Applied Kinesiology, Osteopathic, Motor Control, Pilates’ and M. Feldenkrais® based perspective.

Date to be announced. June/July 2010.

Dr. Chady Wonson (D.C., LAc., C.T.N., C.N.C.), Dr. Richard Robertshaw, D. C.

Jennifer M. Stacey, M.S. (Exercise Physiologist, Pilates teacher)

and other Pilates’ professionals



Future Forums: Honoring the Psoas: Freeing the rib cage, and the pelvis and head will follow.

Spinal Alignment. The wrist and forearms in Pilates. The feet in Pilates. And more topics!

Please contact Jennifer Stacey, M.S. if you are interested in attending any of the Pilates’ Health Forums.

Registration form for Dr. Richard Robertshaw’s workshop on June 11, 2010.

Name: _____

Address: _____

phone number: _____ email: _____

Payment made, please circle: credit card, check (to Dr. Robertshaw), cash (please do not send cash in the mail).

If payment by credit card: circle one: visa, mastercard. # _____ exp: _____

Billing Name: _____

Billing Address: _____