

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. Summer 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)

1. A Classic Pilates' Skill will be performed with the proper mechanics, using images and teaching cues from the Pilates' Master Elder Teachers.
2. The doctors will explain the mechanical, physiological and meridian benefits of performing the skill properly. They will use pictures, props and dvds to support the conclusions.
3. The Pilates' Skill will then be performed with common aberrant mechanics.
4. The doctors will present the problems that can arise from performing the skill incorrectly. The influence on the dura, the discs, vertebrae, jaw, cranium, cranial-sacral rhythm, meridians, sensory-motoric system will be discussed.
5. The teachers and health professionals will then introduce ways to enhance the performance and teaching of the skill using imagery, cues, nutrition, acupuncture and biomechanical tips. The audience is welcome to participate.

Pilates Movements that will be reviewed:

Spinal Flexion:

Cadillac: The Roll Down

The Push Through

The Pilates' Mat: The Hundred

The Roll Up

The Rolling

The Spine Stretch

Reformer: Stomach Massage

Short Box

Chair: The Up Stretch



Spinal Extension:

Mat: The modified Swan

Reformer: The Pulling Straps

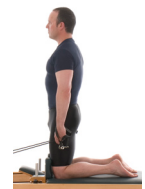
Cadillac: Sit Extension, Swan



Spinal Lateral Flexion

Mat: The Side Leg Kick (straight spine!)

Cadillac: Mermaid



Spinal Rotation:

Reformer: Chest Expansion and more

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. How to teach injured people from a Psychologists' viewpoint. And more topics!

Upcoming workshop by Dr. Richard Robertshaw, D.C. in 2010: Cranio-sacral motion, anatomy, jaw problems, stress patterns, cranial work. Pelvis motion and sphenoid motion and their relationship. Pelvic muscles, pelvic diaphragm, etc. Second workshop: Visceral work.

Contact: Jennifer Stacey, M.S. js@peakperformancepilates.com.

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