



Pilates from the Wings:

The power of the scapular muscles and Serape in Pilates and movement

A workshop by Jennifer M. Stacey, M.S.
Saturday, September 25, 2010. 3 pm – 6 pm. \$55
Location: Reforming New York
54 W. 39th St., 2nd floor, NY, NY 10018

For information contact: ann@pilatesrny.com

Discover the secret to moving from your wings and Serape. Learn to effectively use the two “centers” in Pilates to enhance performance, prevent and address injuries, back and neck problems.

We will briefly review:

- 1) The anatomy of the spine, scapulae, shoulder, and the muscular “Serape” wrap.
- 2) The relationship of the two centers, the musculature of the trunk and scapulae.
- 3) The relationship of the placement of the hand, wrist, and elbow with the armpit and Serape.
- 4) The factors of injuries; mechanics, structure, neural, meridian, emotional, nutritional, environmental, organ and lifestyle

You will learn:

- 1) To diminish the over-recruitment of the workaholic large muscles, and activate the deeper stabilizing postural muscles. Learn how to distribute the work of the body evenly. This in turn will teach you how to approach injury and performance enhancement training simultaneously!
- 3) To determine if stretch is appropriate or inappropriate, by learning about the neuro-reflex pathways of the body and their role in aberrant mechanics and pain.

You will perform:

- 4) Pilates skills with proper technique using the principles from the workshop.
- 5) Pilates’ breathing and numerous skills inspired by M. Feldenkrais and Physio-Synthesis™.

Jennifer M. Stacey, M.S.

Peak Performance Pilates

Exercise Physiologist

Internationally recognized second generation Pilates’ teacher

Studied with several Master Pilates Elders

Teaching Pilates since 1989. Offers courses worldwide.

Author of *Movement Perspectives™*, *Teaching the Reformer Repertoire*, and *Roller Play™ – Roller Repertoire*.

126 Post Street, 3rd floor, San Francisco, California, 94108, USA

717 Main Street, Half Moon Bay, California, 94019, USA

415.392.9662 (SF), 650.726.1657 (HMB)

www.peakperformancepilates.com

js@peakperformancepilates.com

For ongoing tips on Health and Movement go to our Facebook page Peak Performance Pilates.