

Principles of preventing and managing pain and injuries. A Chinese Medicine, Chiropractic, Naturopathic, Nutritional, Pilates' and Feldenkrais® based perspective.

Saturday, September 27, 2 pm – 6 pm. \$120.

Discover solutions for movement problems and injury - through Postural and Gait Analysis.

A Chinese Medicine, Chiropractic, Naturopathic, Nutritional, Pilates' and Feldenkrais® based perspective. Sunday, September 28, 10 - 5. \$180.

This workshop builds upon the first day, but people can still attend it by itself.

You can attend one day or both days (for a discounted price). Both days: \$280.

Dr. Chady Wonson (D.C., LAc., C.T.N., C.N.C.)
Jennifer Stacey, M.S. (Exercise Physiologist, Pilates teacher)



Who can attend? Anyone interested in taking care of themselves and/or others.

Anyone who desires their body to reach it's fullest potential, and those who want to feel great, and get more from their movement and workout sessions.

Clients, patients, health care professionals, body workers, athletes, dancers, Pilates' teachers, and more.

The goal of these workshops is to gain a deeper understanding of your health and function. You will learn how to balance the body more efficiently.

Discover how you can feel like a child again!

We will review the following:

- Factors of injury and pain: mechanics, structure, neural, meridian, emotion, nutritional, environment, organ and lifestyle.
- How to determine what factors might be affecting you (or your clients, family and friends).
- Basic neuro-muscular concepts to help you understand your body. Different breathing techniques.
- Assessment of function, posture and range of motion.
- Basic meridians and acupressure points that help you feel better and enhance movement (and Pilates) performance.
- Movements that address dysfunction. Movements that enhance meridian, organ and body function and structure.

You will learn how to:

- Understand, read and evaluate the limits of yourself, your family, friends and/or clients.
- How to design programs based upon the assessments. You will learn how to deal with the following problems: Sleep deprivation, stress, dehydration, a poor diet, etc.
- Balance the body and make it work more efficiently.
- Deeper understanding of how nutrition, lifestyle, emotions and environment influence our health.
- Manage common problems in Pilates, through cuing and using acupressure points during movement.
- Manage certain conditions. Do I use heat or ice? What type of workout do I do when I feel a certain way? How many repetitions should I do in my movement program. How long should I move?

It is fascinating material that will enhance your ability to read and take care of yourself and others!

The first of its kind! This workshop is unique in its integration of multiple disciplines. It is a launch pad for a series of workshops that will be incorporated into an educational course for health professionals, movement teachers, and those who want a deeper global understanding of the body and health.

Space is limited. Workshops located at *Peak Performance Pilates and The Pilates Collective*, 126 Post Street, 3rd floor, San Francisco. For information: Jennifer Stacey at js@peakperformancepilates.com or call Jennifer Stott at Dr. Wonson's office 415-544-9104.