

Peak Performance Pilates is proud to host
A Workshop by world-renowned teacher

ERIC FRANKLIN



Wednesday, October 13, 2004
10:00 am – 5:00 pm

Organ Health and Dynamic Muscle Flexibility With Imagery and Therabands

This workshop combines exercises to improve the health of your organs with dynamic strength/flexibility exercises for your muscles and joints.

The mainstay of all Franklin-Method workshops is a powerful synthesis of imagery applications that will help you improve all aspects of your health and fitness. We will discover that organ health is fundamental to our strength, stability and flexibility and learn how to create healthier organ function through imagery, relaxation and movement.

Therabands will provide the elastic resistance to increase strength and dynamic stretch of our muscles leading to in ease of motion and instant flexibility gains.

LEARN HOW TO:

- Initiate movement from organs
- Use organ joints and sliding points
- Tone organs with sound and movement
- Communicate with your organs through imagery
- Use imagery to improve the healthy function of organs
- Use theraband exercises for strength and flexibility

About Eric Franklin:

Dancer, teacher, choreographer, writer; director of the Institute for Franklin-Method in Uster, Switzerland, visiting professor at the Universities of New York, Vienna and Dresden; did mental training and neuromuscular retraining for Olympic and world champion athletes; has taught at major universities and dance centers in England, U.S.A., Germany, Austria and Switzerland, and China; ADF faculty from '91 to '97; author of *«Conditioning for Dance» «Dynamic Alignment through Imagery» «Dance Imagery for Technique and Performance» «Relax your Neck, Liberate your Shoulders»*, textbooks at over 100 University and College Dance Departments, author of several other books on imagery and conditioning in English, German and Italian.

Tuition: \$225. Contact by email: js@peakperformancepilates.com.

Organ Health and Dynamic Muscle Flexibility With Imagery and Therabands

REGISTRATION SHEET

DATE: _____

NAME: _____

ADDRESS: _____

CITY _____ STATE _____ ZIP _____

TELEPHONE: _____ EMAIL: _____

**Submit non-refundable payment
in full (\$225), by October 6, 2004.**

Peak Performance
126 Post Street, 3rd Floor
San Francisco, CA 94108
415-392-9662.

Sign up early, limited enrollment
for this special event.

Contact Jennifer Stacey, M.S.
for information or email at
js@peakperformancepilates.com.

