

Discover the magic of Pilates through the teachings of the Pilates Elders, science and biomechanics.

Two unique opportunities to study with

Jennifer M. Stacey, M.S.

Exercise Physiologist/Biomechanist, Second Generation Pilates Teacher, Author
in **Singapore** and **Tokyo, Japan**

Jennifer M. Stacey, M.S. has been teaching Pilates for 24 years and studied with several Master Pilates Elders including Kathy Grant, Ron Fletcher, Romana Kryzanowska, Eve Gentry. She teaches workshops and teachers' courses worldwide and has written several books and scientific papers.

Singapore. October 25. International Association of Dance Medicine and Science.
“Nourishing the Spine in Dance and Pilates.” www.iadms.org



Tokyo, Japan. The Pilates Lab. November 2 – 4, 2012. info-d@pilates-lab.com.
Friday, November 2. 6 pm registration

6:30 – 7:30 pm Intriguing Mat Skills from Kathleen Stanford Grant (Pilates Elder), including her Cats!

7:30 – 9:30 pm Spine Corrector and Arc Class inspired by the teachings of Ron Fletcher & Kathy Corey.

Saturday, Nov. 3. 9:30 am registration

10 am – 1 pm. Honoring the Psoas in Pilates and movement

Participants will learn to optimize the function of the iliopsoas in Pilates. Participants will perform skills from Pilates and M. Feldenkrais® that encourage psoas mobility and function, with emphasis placed upon proper technique, effective imagery and cuing. Learn how to effectively stretch and release the psoas, perform Pilates skills with optimal psoas placement, diminish over-recruitment of the hip flexors and increase use of ‘center.’ Learn how to anchor the origins of the psoas during skills such as The Hundred, The Nasty Five, Teaser, Footwork and Leg Springs, which enhances use of center and reduces stress placed on the spine and hips.

2 pm – 5 pm. Pilates from the Wings: The power of the Scapular Muscles and Serape, and alignment of the arm, elbow, wrist and hand in Pilates and movement.

Discover the secret to moving from your wings and Serape. Learn to effectively use the 2 “centers” to enhance performance, prevent and address injuries, back and neck problems. Learn how to align your arm, elbow, forearm, wrist, hand and fingers to connect to the armpit and wings while performing Pilates on the Mat and various apparatus.



Sunday, Nov. 4. 9:30 am registration

10 am – 1 pm. Release the Rib cage, and the Pelvis and ‘Scoop’ will follow. The key to success in Pilates. Perform skills inspired by Moshe Feldenkais, Pilates, and Physio-synthesis™. Releasing the lower back ribs (thoracolumbar region) allows the body to optimally perform Pilates and movement with a free neck, a flat stomach, aligned pelvis, hips, spine and rib cage. You will quickly learn to perform Pilates skills properly and easily. Your posture, breathing and performance will be profoundly enhanced. Releasing the rib cage is effective at addressing and preventing injury, especially to the neck and back.

2 pm – 5 pm. Follow your head: Understanding and cueing head and spinal alignment in Pilates.

Enhance Pilates performance and discover solutions for movement problems and injury through a Chiropractic, Chinese Medicine, Nutritional, Applied Kinesiology, Osteopathic, Motor Control, Pilates’ and M. Feldenkrais® based perspective. Learn how to perform Pilates’ with optimal head and spinal alignment using effective imagery. Nourish your spine! Discover the specific benefits of proper mechanics, and the disadvantages of aberrant mechanics. Learn how Pilates influences the meridians and factors that influence performance. You will learn effective tips that enhance performance instantly, including pressing on certain acupressure points while performing the skills.

Nov. 2 only: 12000 JPY (3 PMA CECs provided)

Nov. 3 or 4 only: 32000 JPY (6 PMA CECs provided)

Nov. 3 & 4: 59000 JPY (12 PMA CECs provided)

All three days: 69000 JPY (15 PMA CECs provided)

To register: info-d@pilates-lab.com. <<mailto:info-d@pilates-lab.com>>



Jennifer M. Stacey, M.S., Author of “Movement Perspectives™”, “Teaching the Universal Reformer Repertoire”, “Roller-Play™ - Roller Player.” js@peakperformancepilates.com. <https://peakperformancepilates.com>. For ongoing health and movement tips go to Facebook Peak Performance Pilates and read our blog on the website. San Francisco and Half Moon Bay, California, USA.