

Peak Performance Pilates SF is proud to host
BLOSSOM LEILANI CRAWFORD



**Saturday, December 3. 10 am-5 pm.
“Matwork Exploration,” “Pilates & Props”**

**Sunday, December 4. 9 am-4 pm.
“Kathy Grant’s Cats and Beyond,”
“Connected Arms and Strong Torso”**

\$400 for both days. \$240 for one day.

Workshops with Blossom

Each workshop will be an exploration and reflection of the legacy left by 1st generation Master teacher Kathy Grant. Explore Mr. Pilates' vocabulary, in an open minded, interactive and participatory environment. See how her unique mix of classical “Romana’s Pilates” training and her close relationship with Kathy Grant combine into Blossom’s work hard and play hard experience. Learn some of Kathy Grant's universal and unique imagery and exercises through the lens of her long time assistant, demonstrator and student.

Matwork Exploration

In this workshop we will review most of the Mr. Pilates matwork vocabulary, and look at the special emphasis on imagery that Kathy used to teach this work. Best of all, we will take a look at Kathy's special additions of rhythm and choreography that she used while teaching matwork. We will also take a look at mat exercises that are often passed over because they are too difficult. It will make you think again about the order of the matwork and help you find variations of difficult exercises that are very accessible.

Pilates and Props

In this workshop we will explore Kathy's signature work on different Pilates props. You will see how creative and inventive she was with the simplest tools. The skills on the props will deepen your understanding of Pilates and of your own body.

From Kathy Grant's Cats and Beyond

Kathy loved cats and the way they moved. It inspired her to make up many different cat exercises. Learn all of Kathy's cats and how Kathy used them within traditional Pilates vocabulary. See how the principals and imagery of the cats transfer to skills you need and use on the Pilates equipment and beyond.

Connected Arms and Strong Torso

In this workshop we will explore a collection of exercises from Kathy Grant and other choreography that remind the body how the arms attach into the torso. Play with how to use the upper extremities to strengthen the symmetrical or asymmetrical torso. Learn how to use these tools when teaching, and how the use of the arms can be a way for all of us (clients and teachers) to learn about our bodies.

Blossom Leilani Crawford

Blossom Leilani Crawford was a dance student at New York University's Tisch School of the Arts in 1993 when she was introduced to the Pilates method by first generation, Master teacher Kathleen Stanford Grant. Blossom was required to take one semester Pilates class taught by Mrs. Grant, but voluntarily took the class for 3 years. In 1997, upon Kathy's invitation, Blossom became the Teaching Assistant to Mrs. Grant's Pilates mat class and remained the only TA in the class through 2007. Blossom was also fortunate to serve as Kathy's teaching assistant at numerous seminars and Pilates conferences around the country, gaining invaluable experience.

Inspired by Mrs. Grant's teaching, in addition to the benefits she was seeing in her body through her own Pilates practice, Blossom pursued a teaching certificate through private study with Romana Kryzanowska in 1999. She is currently the owner and director of Bridge Pilates in Brooklyn, New York. Blossom teaches privately and in group mat class settings, both in New York and as an invitee at other studios around the country, and also hosts teaching seminars for other Pilates instructors. She has been on faculty at NYU, Bates Dance Festival and at the Mark Morris Dance Center. She has been featured and written pieces for Pilates Style magazine and Pilates Pro magazine.

Blossom believes that there is joy in movement and in taking time to care for one's body. That is her goal for each of her students. In her own life, Blossom has used the Pilates method to strengthen her back and get back into shape after having two children - though she is certain she'd be in better shape if Mrs. Grant was still here to "work her bootie butt into shape." Because Kathy is no longer here, Blossom strives to maintain her legacy and lineage.

Contact: Jennifer Stacey, M.S., 415.392.9662. Make payment to: Peak Performance Pilates, 126 Post St., 3rd fl. S.F., CA 94108. js@peakperformancepilates.com.

The Workshops are located at Peak Performance Pilates and The Pilates Collective, 126 Post Street, 3rd floor, San Francisco, CA 94108 between Grant and Kearny. We are 1.5 blocks from the Montgomery BART and Muni station.

Space is limited. So sign up early! Pre-registration and pre-payment is required by November 26. Refunds are provided if cancellation is prior to November 10. No refunds provided after November 10. Both day attendance recommended.

Name: _____ phone: _____

Address: _____

Email address: _____ date: _____

Attendance: 2 day _____ Saturday _____ Sunday _____