

Discover the Magic of Pilates through the teachings of the Pilates Elders, science, medicine and biomechanics.  
A unique opportunity to study at **Body Balance, Firenze, Italy** March 14 - 16, 2014 with

## Jennifer M. Stacey, M.S.

Exercise Physiologist/Biomechanist, Second Generation Pilates Teacher, CPT, Author

Jennifer M. Stacey, M.S. has been teaching Pilates for 26 years and studied with several Master Pilates Elders including Kathy Grant, Ron Fletcher, Romana Kryzanowska, Eve Gentry. She teaches worldwide and has written several books and scientific papers.

## Dr. Gotz Lehle, MD

Dr. Lehle is a Medical Doctor, GYROTONIC® practitioner with a background in Osteopathy, Applied Kinesiology, Chiropractic, M. Feldenkrais® and acting. Dr. Lehle teaches and practices in Italy, Germany, France, England and New York.

**Saturday, March 15. 11:00 - 18:00 Managing and preventing Neck problems.** Enhance Pilates performance and discover solutions for movement problems and injury through a Chiropractic, Chinese Medicine, Nutrition, Applied Kinesiology, Osteopathic, Motor Control, Pilates', Physio-synthesis, and M. Feldenkrais® based perspective. **Dr. Gotz Lehle, MD** will lecture the first hour. Learn the following: 1. Assess function and movement. 2. Factors that influence neck function such as structural, neurological, dural, fascial, organ, cranial-sacral rhythms, hormonal, the jaw, nutrition and lifestyle (stress, sleep, emotions, ergonomics, pharmaceuticals, environmental). 3. Pilates program design for people with neck problems. 4. Determine if stretch is appropriate or inappropriate. The neuro-reflex pathways of the body and their role in aberrant mechanics and pain. 5. Perform Pilates skills and movements inspired by M. Feldenkrais® and Physio-synthesis that release the neck, body and lower back rib cage, emphasizing proper mechanics. Releasing the lower back ribs (thora-columbar region) allows the body to optimally perform Pilates with a free neck, a flat stomach, aligned pelvis, hips, spine and rib cage. 6. Learn to teach proper flexion, extension, lateral flexion and spinal rotation. 8. Place the head in line with gravity during Pilates and movement for optimal spinal health.



### Nourishing the Spine with Pilates:

Joseph Pilates believed that elongation of the spine was the key to longevity. The body follows the head. Learn how to perform Pilates' with optimal head and elongated spinal alignment using effective imagery from the Pilates Elders. Nourish your spine with Pilates! Discover the specific medical and physiological benefits of proper mechanics in Pilates, and the disadvantages of aberrant mechanics in Pilates; the influence on the dura, the discs, vertebrae, fascia, jaw, cranium, cranial-sacral rhythm, meridians, sensory-motoric system. You will learn effective tips that instantly improve performance, including pressing specific acupuncture points that enhance the performance of Pilates' skills for those with restricted neck mobility. You will also learn to optimize the function of the iliopsoas in Pilates. Perform Pilates' skills that encourage psoas mobility and function, with emphasis placed upon proper technique and psoas placement, effective imagery and cueing. Diminish over-recruitment of the hip flexors and increase use of 'center.'

### Sunday, March 16.

**10:00 - 14:00 Pilates from the Wings: Finding the Center and Wings through Alignment of the Arm, Elbow, Forearm, Wrist and Hand in Pilates and movement. Discover the power of the Scapular Muscles and Serape.**



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. Diminish the over-recruitment of the large muscles, and activate the deeper stabilizing postural muscles. Determine if stretch is appropriate or inappropriate. Learn the neuro-reflex pathways of the body and their role in aberrant mechanics and pain. You will perform: Pilates skills, Pilates' breathing and skills inspired by M. Feldenkrais and Physio-Synthesis™.

**15:00 - 17:00 Intriguing Mat Skills from Kathleen Stanford Grant (Pilates Elder), including her Cats and Laterals.** Enjoy the fascinating, challenging and ingenious repertoire of Kathy Grant.

**Friday, March 14, 18:00 - 20:00.** Jennifer will be teaching a **Classic Pilates Mat class inspired by the Pilates' Elders with the Romana Kryzanowska transitions for the advanced repertoire**, 55 euros. Space is limited, sign up early.

Jennifer is available to teach **Private and Semi-Private Sessions Thursday and Friday March 13, 14.** Schedule tba.

350 euros for both days until February 15. 380 euros after February 15. Space is limited, maximum capacity of 15 people. Reservation in the workshops is ensured upon full payment. Payment is refundable minus an 8% administrative fee until February 15. It is non-refundable after February 15. Italian translation will occur at the workshops. 12 PMA CECs provided.

To register for workshops or sessions contact **Francesca Bertoni** at **Body Balance Studio**. Via Marconi 86 interno 50130 Florence, Italy. 3338357574. [bertonifrancesca@libero.it](mailto:bertonifrancesca@libero.it). [bodybalancestudio.it](http://bodybalancestudio.it).

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