

Pilates' Health Forum Series

Forum One

"The Placement of the Head, Neck and Spine in the Pilates' Repertoire"

Enhance Pilates performance and discover solutions for movement problems and injury through a Chiropractic, Chinese Medicine, Naturopathic, Nutritional, Applied Kinesiology, Osteopathic, Motor Control, Pilates' and M. Feldenkrais® based perspective.

Sunday, May 1, 2011, 12 pm - 4 pm, \$100



Dr. Chady Wonson (D.C., LAc., C.T.N., C.N.C.)

Dr. Richard Robertshaw, D.C.

Jennifer M. Stacey, M.S. (Exercise Physiologist, Pilates teacher)

1. A Classic Pilates' Skill will be performed.
2. The Pilates' Skill will then be performed with common aberrant mechanics.
3. The doctors will present the problems that can arise from performing the skill incorrectly. The influence on the dura, the discs, vertebrae, jaw, cranium, cranial-sacral rhythm, meridians, sensory-motoric system will be discussed.
4. The skill will be performed with the proper mechanics, using images and teaching cues from the Pilates' Master Elder Teachers. This information can be applied to other skills.
5. The doctors will explain the mechanical, physiological and meridian benefits of performing the skill properly. They will use pictures, props and dvds to support the conclusions.
6. The presenters will then introduce ways to enhance the performance and teaching of the skill using imagery, cues, nutrition, acupuncture and biomechanical tips. The audience is welcome to participate.

Pilates Movements that may be reviewed:

Spinal Flexion:

Cadillac: The Roll Down

The Push Through

The Pilates' Mat: The Hundred

The Roll Up

The Rolling

The Spine Stretch

Reformer: Stomach Massage

Short Box

Chair: The Up Stretch



Spinal Extension:

Mat: The modified Swan

Reformer: The Pulling Straps



Spinal Lateral Flexion

Mat: The Side Leg Kick (straight spine!)

Cadillac: Mermaid



Spinal Rotation:

Mat: The Spine Twist

Reformer: Chest Expansion and more.

Future Forums: Honoring the Psoas; Freeing the rib cage, and the pelvis and head will follow; Spinal Alignment; The wrist and forearms in Pilates; The feet in Pilates; How to teach injured people from a Psychologists' viewpoint. And more topics! Join us also for Pilates' Specialty hours.

Contact: Jennifer Stacey, M.S. js@peakperformancepilates.com.

**For weekly ongoing health tips go to our blog on <https://peakperformancepilates.com>
or our Facebook page Peak Performance Pilates.**