

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

A unique opportunity to study at Somatic Studio, Helsinki, Finland April 16 - 19, 2015 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 27 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. Having invented a patent pending device to perform Classic Pilates in the water, she is enjoying creating the Immersion Pilates Aquatics™ school.

Thursday, April 16.

10:00 - 13:00. **Principles for Injury Management.** Discover solutions for preventing and overcoming movement problems through a Pilates, M. Feldenkrais, Physio-synthesis™, nutritional, and Chinese Medicine perspective.



14:00 - 16:00 **Intriguing Mat Skills from Kathleen Stanford Grant's (Pilates Elder), "Before the Hundred,"** including her Cats and Laterals. Enjoy the fascinating, challenging and ingenious repertoire of Kathy Grant.

16:30 - 17:30. **Magical Pilates Magic Circle Mat Class.**

Friday, April 17.

10:00 - 13:00 **Classic Reformer Workshop inspired by the Pilates Elders.** Learn the flow, breath, sequencing and transitions of an intermediate Classic Pilates Reformer class with proper biomechanics. Variations, modifications, cues and images from the Pilates Elders including Kathy Grant, Ron Fletcher, Romana Kryzanowska and Eve Gentry will be presented.

14:00 - 16:00 **Classic Pilates Mat Class inspired by the Pilates Elders and Movement Perspectives™.** Learn the flow, breath, sequencing and transitions of an advanced Classic Pilates Mat class with proper biomechanics. Variations, modifications, cues and images from the Pilates Elders including Kathy Grant, Ron Fletcher, Romana Kryzanowska and Eve Gentry.

Saturday, April 18.

10:00 - 13:00 **Spring into action Pilates Cadillac Workshop.** The Cadillac repertoire is filled with wonderful skills that address a variety of conditions and ages, from helping the injured client to challenging and entertaining the super advanced acrobat. Align the head, spine, hips, and limbs; release the shoulders and neck; and work the deep center.



14:00 - 16:00 **Roller Play™ and Pilates Toe and Foot Corrector Workshop.**

Have fun while challenging your center and massaging your body. Perform many skills using the foam roller, including the Pilates Spine Corrector repertoire. Align, strengthen, move your feet, ankles and toes using the Toe Corrector, small balls and bands.

Sunday, April 19.

10:00 - 13:00 **Classic Pilates Mat Workshop inspired by the Pilates Elders and Movement Perspectives™** with Romana Kryzanowska transitions. Learn the flow, breath, sequencing and transitions of an advanced Classic Pilates Mat class with proper biomechanics. Variations, modifications, cues and images from the Pilates Elders including Kathy Grant, Ron Fletcher, Romana Kryzanowska and Eve Gentry will be presented. Enjoy the wonders of Pilates!

14:00 - 17:00 **Applying Pilates to Dance and Sport: "Perfect Practice makes Perfect!"**

Participants will perform Pilates, dance and sport skills with proper biomechanics. The concepts of Pilates and Biomechanics will be applied to various skills from dance and several sports. The Goal: obtain "Floppy Specificity" and a good relationship with gravity and the ground reaction force. Discover the two centers of the body (wings and trunk) through the Serapé wrap. Take advantage of fascial/muscle connections to optimize functional strength and power. Learn how nutrition, lifestyle and acupuncture points influence performance.



Space is limited, sign up early. Cost: 2 hour workshops 72€. 3 hour workshops 108€. Magic Circle class 30€.

To register contact Somatic Studio. asiakas@somaticstudio.com. website: www.somaticstudio.com

Jennifer is available to teach Private and Semi-Private Sessions. Schedule tba.

Jennifer M. Stacey, M.S., Author of "Movement Perspectives™" (English and French), "Teaching the Universal Reformer Repertoire", "Roller-Play™ - Roller Repertoire." 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.