

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, October 23, 24, 2018 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 30 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 patented device to perform Classic Pilates in the water, Jennifer enjoys teaching Immersion™ Pilates Aquatics™.

Tuesday, October 23.

13:00 - 16:00 Classic Reformer Workshop inspired by the Pilates Elders. Learn the flow, breath, sequencing and transitions of an intermediate/advanced 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. For teachers (and advanced clients). Deepen your knowledge and transform yourself in this invigorating workshop! 190€



16:30 - 17:30 Pilates Mat Class Basic Level. Open to everyone (teachers & clients)

Learn the flow, breath, sequencing and transitions of a basic Pilates Mat class with proper biomechanics. Prepare your body for Pilates with some pre-Pilates skills inspired by Moshe Feldenkrais, Physio-synthesis™ and Kathy Grant's "Before the One Hundred" Skills. Try the Stretch-Eze®. Variations, modifications, cues and images from the Pilates Elders. Feel released, centered. 39€

17:45 - 18:45. Pilates Mat Class Intermediate Level. Open to everyone (teachers & clients)

Learn the flow, breath, sequencing and transitions of an Intermediate Pilates Mat class with proper biomechanics. Perform some pre-Pilates Elders' skills. Variations, modifications, cues and images from the Pilates Elders. Feel released, centered. 39€



19:00 - 20:00. Classic Pilates Mat Class Advanced Level. Open to everyone (teachers & clients)

Learn the flow, breath, sequencing and transitions of an Advanced Classic Pilates Mat class with proper biomechanics. Variations, modifications, cues and images from 4 Pilates Elders. Enjoy the Romana Kryzanowska Transitions. Fabulous fun! 39€



Wednesday, October 24.

10:00 - 13:00 Pilates from the Wings: Finding the Center and Wings through alignment of the arm, elbow, forearm, wrist and hand. Discover the power of the Serapè. Release the neck and shoulders.



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 to align your arm, elbow, forearm, wrist, hand and fingers to connect to the armpit and wings while performing Pilates. We will review: 1) The anatomy of the spine, scapulae, shoulder, arm, and the muscular "Serape" wrap. 2) The relationship of the two centers, the musculature of the trunk and scapulae, and breathing. 3) The relationship of the hand, wrist, forearm, elbow and arm with the armpit and Serape. 4) The factors of injuries. You will learn: 1) To diminish over-recruitment of the workaholic large muscles, and activate the deep stabilizing postural muscles. 2) Determine if stretch is appropriate or inappropriate. The neuro-reflex pathways and their role in aberrant mechanics and pain. 3) Proper arm, elbow, wrist and hand placement on the Pilates Mat, barres, pedal, handles and straps to promote efficient, centered movement. 4) Pilates skills with proper technique. 5) Pilates' breathing, skills inspired by Moshe Feldenkrais and Physio-Synthesis™. 129€



14:00 - 17:00 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. Learn to rotate around the axis of your ears and xiphoid, and open the lower back ribs. Explore the Mat for a deeper workout and understanding. Enjoy the wonders and wisdom of Pilates! 129€

17:30 - 18:30 Gems from the Pilates Elders: Eve Gentry (and Kathy Grant). Enjoy ingenious movements, breathing skills, and cues of Eve Gentry and Kathy Grant. Many of Eve's skills are inspired by Moshe Feldenkrais and are phenomenal at addressing neck, shoulder and back problems. The repertoire prepares the body to successfully perform Pilates and other movement forms. You will notice profound changes in your body, such as opening of the shoulders and back, and release of neck tension. 39€

Space is limited, sign up early.

To register contact Somatic Studio. <https://somaticstudio.com/jennifer-stacey/> asiakas@somaticstudio.com.

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

"Flowing Spine with Cats and Lateral - Kathy Grant Mat Class" at International Association of Dance Medicine and Science. Jennifer M. Stacey, M.S., Author of "Movement Perspectives™" (English and French), "Teaching the Universal Reformer Repertoire", "Roller-Play™ - Roller Repertoire." Peak Performance Pilates. Immersion™ Pilates Aquatics™. js@peakperformancepilates.com. <https://peakperformancepilates.com> <https://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.