

Principles for Injury Management.

Taught by Jennifer M. Stacey, M.S.

Thursday, April 16. 10:00 - 13:00. Helsinki. 108€

Pilates, Feldenkrais®, Physio-synthesis™ and other genres of movement are very effective in preventing and overcoming physical problems.

Enrich your ability to understand and address injuries. The following will be reviewed: 1. Assessment of function, posture, gait and range of motion. 2. Factors that cause pain (mechanical, structural, neural, hormonal, meridian, emotional, nutritional, environmental, organ, lifestyle, energy level, prescription drugs, etc). 4. Solutions and movement skills for preventing and overcoming problems. 5. Proper technique in Pilates.

In this workshop you will enhance your ability to:

1. Discover solutions for movement problems, restrictions and injury.
2. Design a program for clients with injuries, restrictions such as neck problems.
3. Assess movement.
4. “Read” a client and address his/her specific needs on a daily basis.
5. Recognize variables that influence movement and function.
6. Address these variables, to enable the client to function properly, and to empower the client to perform ADL, Pilates and activities well.
6. Refer out to appropriate health professionals in order to help the client get better.
7. Transition an “injured” client to a healthy “fitness” client more quickly.
8. Give clients the tools to speed their recovery and be able to perform Pilates and activities successfully.
9. Recognize and deal with the stretch reflex. Passively shrink a muscle to overcome the stretch reflex. Reach long to engage it.



Expand your knowledge of;

- a) Biomechanics and biomechanical efficiency. “Perfect practice makes perfect.”
- b) The relationship of the body with gravity and the ground reaction force in Pilates.
- c) Whether stretch is appropriate.
- d) How to turn on or off a muscle through understanding the neuro-muscular system.
- e) The relationship of the head and neck with the rest of the body.
- f) Effectively recruiting the two centers (wings and ‘core’).
- g) The Serapé wrap that connects the mid-back “center” with the trunk “center.”
- h) Acupressure points that enable a client to suddenly perform a skill they previously were unable to perform.
- i) How the jaw and placement of the head, ribcage, arms, and hands influence the ability to perform Pilates.
- j) How nutrition can influence Pilates and movement.



Participants will perform various movements and manual therapy inspired by Moshe Feldenkrais®, Physio-synthesis™ and Pilates using effective cues, images and breathing mechanics. Some of these tips result in immediate improvement! Many of these skills help to 1. Release hyper-tension and guarding of the neck, shoulders and hips, 2. Challenge the centers and increase functional strength, and 3. Improve biomechanics and performance. Problems that can arise from performing a skill incorrectly will be presented. The influence on the dura, the discs, vertebrae, jaw, cranium, cranial-sacral rhythm, meridians, sensory-motoric system will be discussed. Participants will learn to perform Classic Pilates in a way that benefits the neck. During Pilates, it is crucial to place the head in line with gravity so the neck is free of tension. Releasing the rib cage is often necessary to achieve correct posture and breathing and mechanics. The participants will learn to teach elongated flexion, extension, lateral flexion and spinal rotation. Rotate and reach through the head and the spine will follow!



Intriguing skills from the “Before The Hundred” and Mat repertoire of Kathleen Stanford-Grant (Pilates’ Elder).

by Jennifer Stacey, M.S.

Thursday, April 16, 14:00 – 16:00. Helsinki. 72€

Come take this special opportunity to learn some of the intriguing repertoire that the late Pilates Elder Kathy Grant developed. Kathleen (Kathy) Stanford Grant was one of only two teachers “certified” by Joseph Pilates to teach Controllogy. Kathy created many exceptional and challenging skills to give to her dancers for rehabilitation and performance. In this workshop you will learn movements and imagery that were developed by Kathy Grant, including some of her “cat” skills. Her cat repertoire includes ‘the curious kitten’, ‘the picture cat (or stretching cat)’, ‘the cat after the bird’, ‘the restless cat’, ‘the sexy cat’ and ‘the new cat in town.’ The “cats” enhance the sequential articulation of the spine, strengthen the centers (abdominal and scapulae area), back and arms, and are enjoyable to perform. You will feel remarkably supple and centered at the end of the class.

Her movements and cues are highly effective at enhancing performance, addressing and preventing injury, finding center, and ensuring proper movement mechanics. Jennifer Stacey, M.S. was one of the fortunate few to study with Kathy, and she is very excited to pass on the magnificent wisdom of her friend and mentor Kathy Grant.

Kathleen Stanford Grant:

Kathy studied from the Boston Conservatory of Music, was a chorus girl at the Zanzibar club, and danced in a number of Broadway and off Broadway productions, and tours throughout the US and the world. She worked closely with Arthur Mitchell and The Dance Theatre of Harlem.

Kathy was on the faculty of the Department of Dance at Tisch School of the Arts, New York University in New York City. She taught mat classes and had a small studio for semi-private sessions. The dance teachers at Tisch sent their injured dancers to Kathy. She gave them specialized skills to do at home so they could quickly overcome their injuries. Dancers from professional companies also studied with Kathy.

Kathy continually developed new repertoire for her dancers. She often used props, focus levels, the dancer’s breath and voice, and unique imagery to help align, rehabilitate and enhance the performance skills of her dancers. Some of the movements she created may look simple, but are deceptively challenging, requiring concentration and full body coordination.

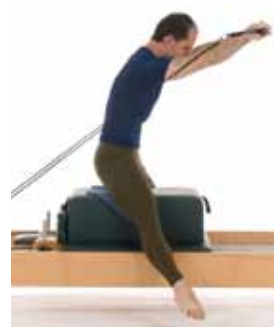




The magical Pilates Magic Circle Mat Class. Taught by Jennifer M. Stacey, M.S.

Thursday, April 16. 16:30 - 17:30. Helsinki. 30€

Discover the joy of working with the Magic Circle. Using the Magic Circle allows you to access your centers immediately and increase your flexibility, finding those hard to reach stiff areas. Learn the flow, sequencing and unique transitions of an intermediate Pilates' Mat class while observing proper biomechanics. You will learn variations, modifications and images from Pilates Elder teachers such as Romana Kryzanowska, Kathy Grant, Ron Fletcher and Eve Gentry. Emphasis will be placed upon Pilates and Movement Perspectives™ principles, effective imagery, breath, cueing, flow, transitions and sequencing that optimize function and neuro-muscular re-education, enhance spinal function and mobility, and use of center. Learn to work from the two centers and diminish the over-recruitment of the large, dominant muscles. You will learn to perform the Pilates repertoire with an aligned, elongated spine, wide shoulders and flat abdominal muscles. After the class, you will feel taller, supple, released and centered. You will feel like you had a massage while getting a deep workout.



Classic Universal Reformer Workshop inspired by the Pilates Elders

Taught by Jennifer M. Stacey, MS

Friday, April 17, 10:00 – 13:00. Helsinki. 108€

Learn the flow, breath, sequencing and unique transitions of the intermediate/advanced Classic Pilates' Universal Reformer repertoire (based on Romana Kryzanowska's teachings) while observing proper biomechanics. Learn variations, modifications and images from other Pilates Elder teachers such as Kathy Grant, Ron Fletcher and Eve Gentry. Emphasis will be placed upon Pilates and Movement Perspectives™ principles, effective imagery, breath, cueing, flow, transitions and sequencing that optimize function and neuromuscular re-education, and enhance use of center. Perform the Pilates repertoire with an aligned, elongated spine, wide shoulders and flat abdominal muscles. After the workshop, you will feel taller, supple, released and centered. You will feel like you had a massage while getting a deep workout.



Classic Pilates Mat class inspired by the Pilates' Elders and Movement Perspectives™

Taught by Jennifer M. Stacey, M.S.

Friday, April 17. 14:00 - 16:00. Helsinki. 72€

Learn the flow, breath, sequencing and unique transitions of an intermediate/advanced Classic Pilates' Mat class (based on Romana Kryzanowska's style) while observing proper biomechanics. You will learn variations, modifications and images from other Pilates Elder teachers such as Kathy Grant, Ron Fletcher and Eve Gentry. Emphasis will be placed upon Pilates and Movement Perspectives™ principles, effective imagery, breath, cueing, flow, transitions and sequencing that optimize function and neuromuscular re-education, and enhance spinal function and mobility, and use of center. Work from the two centers and diminish the over-recruitment of the large, dominant muscles like the rectus abdominus, hip flexors and upper shoulder muscles. Perform the Pilates repertoire with an aligned, elongated spine, wide shoulders and flat abdominal muscles. After the class, you will feel taller, supple, released and centered. You will feel like you had a massage while getting a deep workout.

Spring into Action with the Pilates Cadillac Workshop

Taught by Jennifer M. Stacey, MS

Saturday, April 18, 10:00 – 13:00. Helsinki. 108€

The Pilates' Cadillac repertoire is filled with skills that address a variety of conditions and ages, from the injured to the super advanced acrobat. It is an essential partner in teaching people to discover the two centers, Serapé wrap, aligning the head and spine, and proper scapular and psoas function.

Develop skills to address clients with neck, shoulder and hip problems. Emphasis will be placed upon Pilates and Movement Perspectives™ principles, effective imagery, breath, and cueing that optimize function and neuromuscular re-education, and enhance spinal function and mobility, and use of center. Work from the two centers and diminish the over-recruitment of the large, dominant muscles like the rectus abdominus, hip flexors and upper shoulder muscles. Perform the Pilates repertoire with an aligned, elongated spine, wide shoulders and flat abdominal muscles. After the workshop, you will feel taller, supple, released and centered. You will feel like you had a massage while getting a deep workout.



Dual Workshops: Roller-Play™ and The Pilates Toe and Foot Corrector Workshop

by Jennifer M. Stacey, MS.

Saturday, April 18, 14:00 – 16:00. 72€



Roller Play™

Have fun while challenging your center and massaging your body. You will perform many skills using the foam roller, including the Pilates Spine Corrector repertoire psoas series. You will feel like you had a massage while getting a deep workout.

The Pilates Toe and Foot Corrector Workshop

Experience the joy of moving, aligning and strengthening the feet, ankles and toes.

Participants will: 1. Execute exercises that strengthen and lengthen the intrinsic and extrinsic muscles of the foot and toes, the lower leg muscles, upper leg muscles, the hip and center. 2. Discover and enhance the lower limb sling from the hip to the foot for optimal alignment and function. 3. Perform release work that increases articulation, and decreases tension of the hip, leg, ankle, foot and toes.

The exercises originate from dance, Pilates, and physical therapy including “ballet barre” for the toes. Apply the principles to walking, sport and dance. Props include the Foot Corrector, Toe Corrector, small balls and rubber bands.



Classic Pilates Mat Workshop inspired by the Pilates' Elders and Movement Perspectives™

Taught by Jennifer M. Stacey, M.S.

Sunday, April 19. 10:00 - 13:00. Helsinki. 108€

Learn the flow, sequencing and unique transitions of an intermediate/advanced Classic Pilates' Mat class (based on Romana Kryzanowska's style) while observing proper biomechanics. You will learn variations, modifications and images from other Pilates Elder teachers such as Kathy Grant, Ron Fletcher and Eve Gentry. Emphasis will be placed upon Pilates and Movement Perspectives™ principles, effective imagery, breath, cueing, flow, transitions and sequencing that optimize function and neuromuscular re-education, and enhance spinal function and mobility, and use of center. Learn to work from the two centers and diminish the over-recruitment of the large, dominant muscles like the rectus abdominus, hip flexors and upper shoulder muscles. Learn to perform the Pilates repertoire with an aligned, elongated spine, wide shoulders and flat abdominal muscles. After the class, you will feel taller, supple, released and centered. You will feel like you had a massage while getting a deep workout.



Applying Pilates to Dance and Sport: “Perfect practice makes perfect!”

by Jennifer M. Stacey, MS.

Sunday, April 19, 14:00 – 17:00. Helsinki. 108€

Most athletes and dancers incorporate Pilates into their training program. Participants will perform Pilates’ dance and sport skills with proper biomechanics. We will apply the concepts of Pilates and Biomechanics to various skills from dance and several sports, including performance presence, running, jumping, skiing, golf, tennis, baseball, cycling, gymnastics, weight lifting, mountain climbing, and other sports. Participants are welcome to explore their own sport of choice. The concepts, cues, images and breathing used in Pilates can be applied to any movement or sport. Jennifer encourages you to use them, and enjoy the profound transformation you will experience immediately and over time!

You will learn:

- a) Biomechanical efficiency. “Perfect practice makes perfect.” Joseph Pilates, a pugilist, used to say “Why do 10 pounds of effort for one pound of work, Use half a pound of effort for 1 pound of work!” Our goal is to achieve “Floppy Specificity” which elite athletes like Roger Federer, Mikhail Baryshnikov, Freddie Couples, Ernie Els, Mariano Rivera, Michael Jordan, Zinedine Zidane reveal.
- b) The relationship of the body with gravity and the ground reaction force in Sport and Pilates.
- c) How to turn on or off a muscle through understanding the neuro-muscular system.
- d) Effectively recruit the two centers (wings and ‘core’) for functional strength and power.
- e) Engage the Serapé wrap that connects the mid-back “center” with the trunk “center.” Take advantage of various muscular and fascial connections such as the Serapé; the lower limb sling; the heel-hamstring-abdominal; and adductor-pelvic floor connections.
- h) Acupressure points that enable a client to suddenly perform a skill they previously were unable to perform.
- f) How the jaw and placement of the head, ribcage, arms, and hands influence the ability to perform Pilates and movement.
- g) How lifestyle and nutrition can influence Pilates and movement.

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