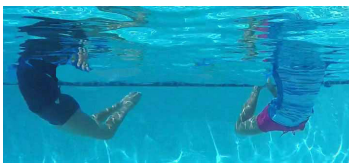
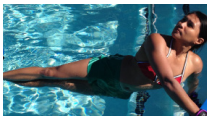
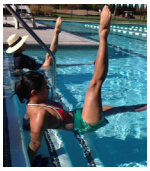
Immersion™ Pilates Aquatics™







Immersion™ Pilates Aquatics™ Course

Moraga, CA.

Jennifer M. Stacey, MS

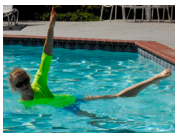
2nd Generation Pilates Teacher, Exercise Physiologist/Biomechanist

18 hours. Earn 18 PMA CECs.

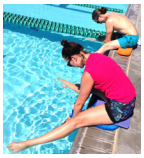
May/Summer & October. tbd.

An exhilarating, fun, challenging way to explore Classical Pilates in, on, by the water.

"I got a thousand hours of information in 18 hours!"KP
"With every experience of IPA™ I learn new insights that directly transfer to teaching in the studio. I am falling in love with Pilates all over again!" FS



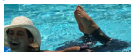
Become an IPA™ Teacher, and even a Teachers' educator.
"Never fail to get all the sunshine and fresh air you can" and "work in the water." Joseph Pilates



Includes 1 hour of Movement Perspectives™ lecture, and program design. Learn how to safely perform and teach each Pilates skill: 5 hours each of Pilates Mat, Reformer, Chair(s) repertoire. 2 hours of Pilates Cadillac, Ped-u-pole, Ladder Barrel, etc, in, on and by the water. Cost: $750 + $10 pool fee for big pool. No fee for small pool. Includes comprehensive manual ($80 value), workout cards. You get discounts for the IPA™ board kit, supplies, Peak Performance Pilates manuals.

A rare opportunity to study with a 2nd Generation teacher's teacher in a small group! Jennifer has been teaching Pilates worldwide for 30 years, and founded one of the first dedicated Pilates facilities in the SF Bay Area. She was lucky enough to study from Romana, Ron, Kathy and Eve (and other Elders). Ron Fletcher traveled to SF to rehab his shoulder with Jennifer. Kathy Grant took workshops from Jennifer and gave her permission to teach her work. Romana Kryanowska approved her as a Pilates teacher of her work. Jennifer enjoys co-teaching and learning from several revered health professionals who inform her teaching, and advance Jennifer's ability to reveal the intelligence and wonder of Pilates.

I was lucky to get a chance to experience Jennifer Stacey's new Pilates in the water. I've been practicing Pilates for close to 30 years, and teaching for 20. Feeling the work in the water was an amazing experience. My body was able to organize around the central axis and deeply feel the spinal flexion, extension, twisting and side bending of the work. For some reason the support of the water made it easier to feel the movement originating from the core. I highly recommend this work for anyone at any level to feel the Pilates work as it was intended. – Carol LeMaitre



I had a blast doing Immersion™ Pilates Aquatics™ with Jennifer Stacey! As a Pilates teacher myself, I was amazed by how well Jennifer translated the Classical Pilates exercises to be done in the water. Pilates Aquatics enables you to easily feel your core working, and being in the pool is an especially safe way to exercise. This workout is both fun and challenging for beginning to advanced students of Pilates. – Alicia Stone

Immersion™ Pilates Aquatics was full of "Aha!" moments for me. Doing Pilates in the water provided a slight shift in physics that allowed me to immediately feel the work in a deep way. The exercises felt very accessible, and working out in a pool setting is brilliantly energizing! – Lawrence Stone

Immersion™ Pilates Aquatics™ was an excellent method of doing Pilates. What I found was that, despite the fact I have been doing Pilates for over 12 years, Pilates Aquatics™ requires greater effort to do the simplest Pilates exercises correctly which leads to a deeper level of work for the core muscles. The need for a greater amount of balance due to the board buoyancy seems to exaggerate even the smallest movement, thereby requiring more concentration and doing the exercise correctly. It is an exercise method I would strongly recommend. – Ken Klein

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