

Peak Performance Pilates SF is proud to host

JEFF SMITH

Presenting a M. Feldenkrais inspired workshop



AS THE SHOULDERS GO, SO GOES THE BODY. THE IMPORTANCE OF THE SHOULDER JOINT IN ORGANIZING MOVEMENT

Sunday, September 11, 2011. 10 am – 1 pm. \$80.

- Do “Awareness through Movement” lessons that create connection of the arm and shoulder with the torso.
- Explore the anatomy of the shoulder girdle
- Learn to strengthen the shoulder joint without sacrificing flexibility
- Organize the arms and shoulders for weight bearing and resistance exercise

Jeff will be sharing many movement principles, hands on techniques, and exercises he has developed over the years that have proved effective for his clients. Many strategies were designed specifically for people with a range of shoulder issues, including frozen shoulder, necrosis of the shoulder joint, and torn rotator cuff muscles. Jeff can answer any questions you may have on the shoulder. Jeff's work is inspired by Moshe Feldenkrais. Jeff Smith teaches M. Feldenkrais Fitness and Women's Postural Body Sculpting at his New Moves Studio in Mill Valley. He has a lifelong background in sports, tennis and dance. He has spent the last 20 plus years combining the elements of movement and resistance, creating countless exercises that improve posture and performance.

Contact: Jennifer Stacey, M.S., 415.392.9662. Make payment to: Jeff Smith,
126 Post St., 3rd fl. S.F., CA 94108. js@peakperformancepilates.com.
Space is limited. Pre-registration recommended.

Name: _____ phone: _____

Address: _____

Email address: _____