

Discover the Magic of Pilates through the teachings of the Pilates Elders, science, medicine and biomechanics.
A unique opportunity to study in London, England March 7 - 10, 2014 with

Jennifer M. Stacey, M.S.

Exercise Physiologist/Biomechanist, Second Generation Pilates Teacher, CPT - PMA, Author
Jennifer M. Stacey, M.S. has been teaching Pilates for 26 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.

Dr. Gotz Lehle, MD

Dr. Lehle is a Medical Doctor, GYROTONIC® practitioner with a background in Osteopathy, Applied Kinesiology, Chiropractic, M. Feldenkrais® and acting. Dr. Lehle teaches and practices in Italy, Germany, France, England and New York.

Friday, March 7. 14:30 - 17:30. Classic Pilates Mat class inspired by the Pilates' Elders and Movement Perspectives™.
with Romana Kryzanowska transitions.

Saturday, March 8. 10:00 - 13:00 Stretch or squish? The Stretch Reflex: How to deal with it, and optimize it in Pilates and movement. Is stretching appropriate? Sometimes yes, sometimes no. Did your back or neck ever spasm after you stretched it? Do you feel 'guarding' in the area of an injury? Welcome to the stretch reflex! The stretch reflex often makes it difficult to recover from injury and bad posture, as it can vary day to day. Once you know how to recognize and deal with the reflex, you can enhance mobility, flexibility, function and performance. The stretch reflex can also be beneficial if we use it in the correct manner. It is thought to contribute to motor control, posture and stabilization, and trunk muscle animation with breathing and elongating. In Pilates, the stretch reflex is involved with animating the center through proper biomechanics, side back breathing and reaching the limbs long through space. Using effective imagery often results in automatic recruitment of the two centers of the body. It is the key to allowing functional interaction of the various fascial and muscular interconnections, synergies and slings. We can optimize our relationship with gravity and enhance performance through the use of these interactions.

Learn the following: 1. Assess function and movement. 2. The neuro-reflex pathways of the body and their role in aberrant mechanics and pain. 3. Determine if stretch is appropriate or inappropriate. 4. Pilates program design for people with an overactive stretch reflex. 5. Perform movements inspired by M. Feldenkrais® to decompress the stretch reflex. 6. Perform Pilates skills properly to elicit the stretch reflex to animate the centers.

Saturday, March 8. 14:00 - 17:00 Intriguing Mat Skills and cues from Kathleen Stanford Grant (Pilates Elder), including her Cats and Laterals. Enjoy Kathy's fascinating, challenging and ingenious repertoire.

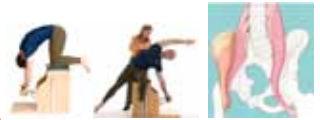
Sunday, March 9. 10:00 - 17:00 Releasing the Ribcage and the pelvis and "scoop" will follow.

What is the secret to moving from the deep center? How do you make gravity your friend? How can you perform The Hundred, The Nasty Five and The Teaser with a flat stomach (scoop), and a neck free of tension? How do you perform the Footwork and The Leg Springs with proper pelvis and spine alignment? Releasing the lower back ribs (inferior-posterior rib cage)! Perform skills inspired by Moshe Feldenkrais, Pilates, and Physio-synthesis™. Releasing the lower back ribs (thoracolumbar region) allows the body to optimally perform Pilates and movement with a free neck, a flat stomach, aligned pelvis, hips, spine and rib cage. You will quickly learn to perform Pilates skills properly and easily. Your posture, breathing and performance will be profoundly enhanced. Releasing the rib cage is effective at addressing and preventing injury, especially of the neck and back.

Honoring The Psoas. Dr. Gotz Lehle, MD will lecture one hour on the Psoas

Participants will learn to optimize the function of the iliopsoas in Pilates after releasing the rib cage.

They will perform skills from Pilates and M. Feldenkrais® that encourage psoas mobility and function, with emphasis placed upon proper technique, effective imagery and cuing. Learn to effectively stretch and release the psoas, perform Pilates skills with optimal psoas placement, diminish over-recruitment of the hip flexors and increase use of 'center.' Learn how to anchor the origins of the psoas during skills such as The Hundred, The Nasty Five, Teaser, Footwork and Leg Springs, which enhances use of center and reduces stress placed on the spine and hips.



Monday, March 10. Jennifer is available to teach Private and Semi-Private sessions at **Kings Cross Studios**. Schedule and price to be announced. To register for private or semi-private sessions contact *Tisha Harrington*. tisha@kingscrossstudios.co.uk.

To register for the workshops and The Mat Class, and for more information and prices go to:

<http://www.pilatesfoundation.com/events/> and info@pilatesfoundation.com

The workshops will be held at OneKX - Basement Studio, Central YMCA, 120 Cromer Street, London, WC1H 8BS

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.