

Discover the magic of Pilates through the teachings of the Pilates Elders, science and biomechanics.

A unique opportunity to study at **Inspire** in Paris, St. Cloud, France March 8-11, 2013 with

Jennifer M. Stacey, M.S.

Exercise Physiologist/Biomechanist, Second Generation Pilates Teacher, Author

Jennifer M. Stacey, M.S. has been teaching Pilates for 25 years and studied with several Master Pilates Elders including Kathy Grant, Ron Fletcher, Romana Kryzanowska, Eve Gentry. She teaches workshops and teachers' courses worldwide and has written several books (including *Movement Perspectives™*, French edition) and scientific papers.



Saturday, March 9.

13:00 - 17:00 **Pilates from the Wings** : Finding the Center and Wings through Alignment of the Arm, Elbow, Forearm, Wrist and Hand in Pilates and movement. Discover the power of the Scapular Muscles and Serape. 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 how to align your arm, elbow, forearm, wrist, hand and fingers to connect to the armpit and wings while performing Pilates on the Mat and various apparatus. Diminish the over-recruitment of the large muscles, and activate the deeper stabilizing postural muscles. Determine if stretch is appropriate or inappropriate. Learn the neuro-reflex pathways of the body and their role in aberrant mechanics and pain.

You will perform: Pilates skills, Pilates' breathing and skills inspired by M. Feldenkrais and Physio-Synthesis™.



18:00 - 20:00 **Intriguing Mat Skills from Kathleen Stanford Grant (Pilates Elder), including her Cats!**

Sunday, March 10. 10:00 - 1:00, 14:00 - 17:00 **Nourishing the Spine with Pilates**

Follow your head: Understanding and cueing Head and Spinal Alignment in Pilates.

The body follows the head. Learn how to perform Pilates' with optimal head and elongated spinal alignment using effective imagery. Nourish your spine! Learn to teach proper flexion, extension, lateral flexion and spinal rotation. Discover the specific medical and physiological benefits of proper mechanics, and the disadvantages of aberrant mechanics; the influence on the dura, the discs, vertebrae, jaw, cranium, cranial-sacral rhythm, meridians, sensory-motoric system. Determine if stretch is appropriate or inappropriate. The neuro-reflex pathways of the body and their role in aberrant mechanics and pain. Joseph Pilates believed that elongation of the spine was a key to longevity. Learn how Pilates enhances the meridians and factors that influence performance. You will learn effective tips that instantly improve performance, including pressing on certain acupressure points while performing the skills. Enhance Pilates performance and discover solutions for movement problems and injury through a Chiropractic, Chinese Medicine, Nutrition, Applied Kinesiology, Osteopathic, Motor Control, Pilates' and M. Feldenkrais® based perspective. This workshop was originally co-taught with Dr. Richard Robertshaw and Dr. Chady Wonson. During this workshop you will also learn elements from the following workshops:

Release the Rib cage, and the Pelvis and 'Scoop' will follow. The key to success in Pilates.

Perform skills inspired by Moshe Feldenkrais, Pilates, and Physio-synthesis™. Releasing the lower back ribs (thora-columbar region) allows the body to optimally perform Pilates with a free neck, a flat stomach, aligned pelvis, hips, spine and rib cage.

Honoring the Psoas in Pilates and movement

Optimize the function of the iliopsoas in Pilates! Perform Pilates' skills that encourage psoas mobility and function, with emphasis placed upon proper technique and psoas placement, effective imagery and cueing. Effectively stretch and release the psoas. Diminish over-recruitment of the hip flexors and increase use of 'center.' Anchor the origins of the psoas during skills such as The Hundred, The Nasty Five, The Teaser, Footwork and Leg Springs, which enhances use of center and reduces stress placed on the spine and hips.



380 euros for both days (recommended) until February 20. 400 euros after February 20.

215 euros for 1 day. 225 euros after February 20. All prices include tax. Space is limited.

Reservation in the workshops is ensured upon full payment. Payment is refundable minus an 8% administrative fee until February 8. It is non-refundable after February 8. French translation will occur at the workshops.

Jennifer will be teaching a **Classic Pilates Mat class inspired by the Pilates' Elders with the Romana Kryzanowska transitions for the advanced repertoire, Friday, March 8, 17:00 - 19:00 (and March 11 (tba)). 55 euros.**

Jennifer is available to teach private and semi-private sessions March 8 and 11. Schedule to be announced.

To register for workshops or sessions contact *Laurence Thiébaud* at **Inspire**: laurence@pilates-paris.fr. www.pilates-paris.fr. 4 Parc de la Bérengère, 92210 Saint Cloud. Tel: 06.45.09.27.89.

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.