

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

A unique opportunity to study at Peak Performance Pilates, San Francisco, March, April, June, 2017.

Jennifer M. Stacey, M.S.

Exercise Physiologist/Biomechanist, 2nd Generation Pilates Teacher, Author, Inventor

Jennifer M. Stacey, M.S. has been teaching Pilates for 29 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™) and scientific papers. She is founder of Immersion™ Pilates Aquatics™.



Sunday, March 12. 12 noon - 3 pm. Release the lower back Rib cage, and the Pelvis and 'Scoop' will follow. Lead with the lungs. The key to success in Pilates. 3 PMA CECs.

What is the secret to moving from the deep center? How can you perform the One Hundred, The Nasty Five and The Teaser with a flat stomach, and a neck and hips free of tension? How do you perform the Footwork and Leg Springs with proper pelvis and spine alignment? Releasing the lower back ribs! Perform Pilates on all of the apparatus, and skills inspired by Moshe Feldenkais and Physio-synthesis™. Use the posterior lateral breathing to stabilize, mobilize and suspend the spine and ribs. Releasing the lower back ribs (thoracolumbar region) allows the body to optimally perform Pilates with a free neck, a flat stomach, aligned pelvis, hips, spine and rib cage. Experience a profound transformation of your Pilates, posture and movement. Releasing the rib cage is effective at addressing and preventing injury, especially to the neck and back. **Honoring the Psoas in Pilates** 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 cuing. Diminish over-recruitment of the hip flexors and increase use of 'center.' Learn to 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.



Sunday, April 30. 12 noon - 3 pm. Pilates from the Wings: Finding the center and wings through alignment of the arm, elbow, forearm, wrist and hand in Pilates. Discover the power of the Scapular Muscles and Serapè. Release the neck and shoulders. 3 PMA CECs.

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 to align your arm, elbow, forearm, wrist, hand and fingers to connect to the armpit and wings while performing Pilates. We will review: 1) The anatomy of the spine, scapulae, shoulder, arm, and the muscular "Serape" wrap. 2) The relationship of the two centers, the musculature of the trunk and scapulae, and breathing. 3) The relationship of the hand, wrist, forearm, elbow and arm with the armpit and Serape. 4) The factors of injuries; mechanics, structure, neural, meridian, emotions, nutrition, environment, organ and lifestyle. You will learn: 1) To diminish over-recruitment of the workaholic large muscles, and activate the deep stabilizing postural muscles. Distribute the work of the body evenly. This in turn will teach you how to approach injury and performance enhancement training simultaneously! 2) Determine if stretch is appropriate or inappropriate. The neuro-reflex pathways and their role in aberrant mechanics and pain. 3) Proper arm, elbow, wrist and hand placement on the Pilates Mat, barres, pedal, handles and straps to promote efficient, centered movement. 4) Pilates skills with proper technique. 5) Pilates' breathing and skills inspired by Moshe Feldenkrais and Physio-Synthesis™.



Sunday, June 4. 12 noon - 3 pm. Addressing Bunions (hallux valgus) with Pilates. 3 PMA CECs

Hallux valgus (bunions) is a common problem. The participants will learn the multi-faceted etiology of hallux valgus. There are many ways to prevent and address hallux valgus. Restoring proper function and biomechanics is a major step towards success. Health of the hallux joint is dependent upon: 1. Proper alignment. 2. Ankle mobility. 3. Proper psoas function and flexibility. 4. Coordinated relationship of the center, hip and leg 'sling' muscles for optimal alignment. Participants will perform Pilates repertoire, Physio-synthesis™ based skills, and other movements, such as: 1) Whole body movements that focus on recruiting the center and aligning the limbs. 2) Movements and manual work that release the hips and psoas. 3) Skills for the hip rotators, legs, ankles, feet and toes. Mini-bands, small balls, foam rollers and small Pilates' accessories, including the Toe Corrector will be used. Padding, taping and other modalities will be briefly presented. Participants will notice an improvement in their Pilates, walking and movement. They will enjoy the bliss of happy feet and hips.



More workshops will be held in the Summer. 1. "Gems from the Elders: Romana Kryzanowska, Kathy Grant, Ron Fletcher, Eve Gentry and Bruce King." 3. "Intriguing Mat Skills from Kathy Grant."

Immersion™ Pilates Aquatics™ Teacher's course. May 5 - 7, Moraga, CA.

Classic Pilates in, on and by the water. 18 PMA CECs. Contact Jennifer.

Workshop Price: Early Bird (before 2/15): \$110 / workshop. After 2/15 : \$120 / workshop. For 3 Workshops Early Bird (before 2/15): \$315.

To register contact: info@peakperformancepilates.com. <https://peakperformancepilates.com>. [immersionpilatesaquatics.com](https://peakperformancepilates.com). For ongoing health tips Facebook Peak performance Pilates and [https://peakperformancepilates.com/blog](https://peakperformancepilates.com). Peak Performance Pilates, 126 Post St, 3rd floor, SF, CA 94108.