



Movement Perspectives™ Workshop

By Jennifer M. Stacey, M.S.

Exercise Physiologist, Second Generation Pilates teacher, Author

Sunday, January 22, 2012

Rolates Pilates

939 8th Ave. suite 207

NYC, NY 10019 212-247-9603

www.rolates.com, roberta@rolates.com

10:00 am – 4:00 pm, Sunday, January 22, 2012: [An introduction to Movement Perspectives™](#).

Enhance your understanding of Pilates and the body in motion. Learn the foundation for being an effective teacher. Movement and Pilates' teachers will acquire highly effective tools to help their clients perform Pilates and all movements successfully, to prevent injuries, and to quickly overcome injuries and restrictions. Movement Perspectives™ is an internationally renowned workshop that is inspiring and fun for clients and teachers of all levels and experience. The well received book Movement Perspectives™ by Jennifer M. Stacey, MS is the comprehensive manual for the full 3 day workshop. Material from the book will be presented. This workshop is appropriate for movers, movement teachers, Pilates' students and teachers.

In this workshop, the participants will learn the following:

- 1) Pilates Program Design
- 2) The 11 cues or images that empower the body to immediately perform movements correctly.
- 3) The 16 basic movements of Pilates that the system is based upon.
- 4) Demystifying Pilates: the physiology and science of Pilates. The physiological and biomechanical explanation for why Pilates (when done properly) can be effective at re-patterning the body towards optimal biomechanical efficiency.

Anatomy of Breathing.

Pilates Kinesiology

Neuro-Muscle physiology and how to apply the science to teaching while keeping the client in his/her kinesthetic body.

Biomechanics

Proper spinal flexion, extension, lateral flexion and rotation.

Using imagery to ensure results.

7) Application of Movement Perspectives™ to Pilates Mat and Apparatus work and other movement systems including skills inspired by M. Feldenkrais, Physio-Synthesis™ and Foam Roller. The skills that you will perform prepare the body for Pilates by releasing restrictions and centering the body.

Jennifer is available for teaching Pilates' Teacher's courses, seminars and workshops worldwide.

Jennifer M. Stacey, M.S., 2nd Generation Pilates Teacher, Exercise Physiologist, Author (*Movement Perspectives™*, *MPII*, *MP French*, *Teaching the Universal Reformer Repertoire*, *Roller Play™ - Roller Repertoire*)
Peak Performance Pilates, San Francisco and Half Moon Bay, California.

<https://peakperformancepilates.com> js@peakperformancepilates.com