

“Follow your Head: Understanding and cueing head position in Pilates”

Enhance Pilates performance and discover solutions for movement problems and injury through a Chiropractic, Chinese Medicine, Naturopathic, Nutritional, Applied Kinesiology, Osteopathic, Motor Control, Pilates’ and M. Feldenkrais® based perspective.

Sunday, July 15, 2012, 9 am - 12 noon

Pilates on Tour, San Francisco, California. CECs provided.

Jennifer M. Stacey, M.S. (Exercise Physiologist, Second Generation Pilates teacher)

Dr. Chady Wonson (D.C., LAc., C.T.N., C.N.C.)

1. A Classic Pilates’ Skill will be performed.
2. The Pilates’ Skill will then be performed with common aberrant mechanics.
3. The problems that can arise from performing the skill incorrectly will be presented. The influence on the dura, the discs, vertebrae, jaw, cranium, cranial-sacral rhythm, meridians, sensory-motoric system will be discussed.
4. The skill will be performed with the proper mechanics, using images and teaching cues from the Pilates’ Master Elder Teachers. This information can be applied to other skills.
5. The mechanical, physiological and meridian benefits of performing the skill properly will be presented.
6. Ways to enhance the performance and teaching of the skill using imagery, cues, nutrition, acupuncture and bio-mechanical tips will be presented. Some of these tips result in immediate improvement!
7. The participants will perform Pilates skills, and learn to teach proper flexion, extension, lateral flexion and spinal rotation. Rotate and reach through the head and the spine will follow!

Pilates Movements that may be reviewed:

Spinal Flexion:

Cadillac: The Roll Down

The Push Through

The Pilates’ Mat: The Hundred

The Roll Up

The Rolling

The Spine Stretch



Reformer: The Short Spine Stretch

The Up Stretch (& Long Stretch) (Chair)

Stomach Massage

Short Box and more

Spinal Extension:

Mat: The modified Swan

Reformer: The Pulling Straps



Spinal Lateral Flexion

Cadillac (Chair): Mermaid

Mat: The Side Leg Kick (straight spine!)



Spinal Rotation:

Mat: The Spine Twist

Reformer: Chest Expansion and more.

Contact: Jennifer Stacey, M.S. js@peakperformancepilates.com.

**For weekly ongoing health tips go to our blog on <https://peakperformancepilates.com/blog>
or our Facebook page Peak Performance Pilates.**

For \$50 discount input code: STACEYWONSONTOUR50 when registering at Pilates on Tour.

<https://bbu.pilates.com/pilates-on-tour/pilates-SF-2012.aspx?EventID=1180#https://bbu.pilates.com/gamma/pilates-on-tour/pilates-SF-2012.aspx%234>