



Peak Performance Pilates is proud to present

Dr. Gotz Lehle, MD

Orthopedic Doctor, Gyrotonic® Practitioner, with a background in Applied Kinesiology, Osteopathy, Chirotherapy and M. Feldenkrais®. From Italy!

Friday, April 13, 4 pm – 7 pm. **Cranio-mandibular (CMD) problems and their connections to the rest of the body. Anatomy, theory and practice. Learn simple diagnostic tests to determine whether CMD is suspected. Address CMD (and thus many other) problems through movement.** \$105 (until 3/30, \$115 after 3/30)

April 14, 3 – 6 pm. **Proprioception - a seventh sense. Theory and practical exercises, including skills based on Feldenkrais principles. Enhance your balance!** \$105 (until 3/30, \$115 after 3/30)

Both days: \$205 (until 3/30, \$220 after 3/30)

There might be a short workshop on Wednesday evening reviewing either “Fascia,” “Osteoporosis” or “What causes muscle weakness.”

Dr. Lehle is available for private consultations by appointment (\$150 for a one hour appointment), April 11 - 14. See next page for details.

Workshops are open to teachers and students of movement, physical therapists, Physicians, Chiropractors, Acupuncturists, Massage Therapists and anyone interested in the body.

Insightful, Intuitive, Scintillating.

Dr. Gotz Lehle, MD is an Orthopedic Doctor from Germany, who lives in Florence, Italy and practices and teaches regularly in Germany, Italy, Paris, London and New York. Dr. Lehle is a certified Gyrotonic® Practitioner and has professional training in M. Feldenkrais®, Chirotherapy, Applied Kinesiology and Osteopathy. Having been an actor and comedian, Dr. Lehle specializes in Medicine for musicians, dancers and performers. He teaches Performing Arts Medicine at several institutions and organizations in Italy and Germany, and lectures at Dance Medicine and Performing Arts Medicine conferences. Dr. Lehle presents the Applied Kinesiology lectures in Jennifer Stacey’s Movement Perspectives™, part of the Peak Performance Pilates’ teachers’ education courses that were taught in Paris, France and Zurich, Switzerland. A gifted health professional and teacher, with an avid following in many countries, Dr. Lehle impressively speaks and writes fluently in English, German, Italian and French.

For Information contact Jennifer Stacey, M.S. js@peakperformancepilates.com
Peakperformancepilates.com/workshops. 415.392.9662. For more health information go to our blog on our website and Facebook Peak Performance Pilates.

Workshop Descriptions

- 1.) Craniomandibular dysfunctions(CMD) and their connections with the rest of the body. CMD is a common cause for headaches, cervical and lumbar problems, cervicobrachialgia (“I always wake up with my hands and arms in pain or itching”) and other problems! Anatomical and physiological/neurological theory and explanations. Mouth guards /bites? What is that? The role of the tongue.
Long practical part with extensive teaching and practising of a specific but simple examination scheme (recommended by the German Society of Manual Medicine!), consisting of 4 tests.
Goals: to give knowledge of this relatively common condition; to make you able to suspect or even recognise clear primary CMD problems. Very useful for all therapists and trainers, but also for dentists!
- 2.) “Proprioception: a seventh sense”: what is proprioception? Anatomical and physiological/neurological background. About 30-45 min of theory and then a practical workshop with exercises and explanations how to build up a proprioception rehabilitation.
Goals: to understand the neurological/physiological principles of Proprioception and to learn a simple practical approach to some proprioceptive problems. Very important for people who work with dancers or sports people, but important also for “normal people” in everyday’s work, this workshop could be interesting not only for trainers/therapists but also for interested clients (especially dancers and professional sports people).

Private consultations with Dr. Gotz Lehle.

- all orthopedic (non-surgical) problems, so as back pain, slipped disc, diaphragmatic hernia, arthritis, “tennis elbow/golfers elbow”, Sports Medicine, cranio-mandibular problems, postural problems, scoliosis and scoliotic attitude.
- physical problems of musicians and dancers (connected to the profession)
- headache, vertigo
- all situations of post-surgical rehabilitation (of the muscular-skeletal system), pre-surgical preparation
- functional problems of the digestive system (also food intolerances) and of the hormonal system
- for all ages, from babies to old people! Very useful also for pregnant women and just after birth giving!

The sessions are of 60 minutes each. \$150. They start with an orthopaedic-neuromuscular-osteopathic exam, followed by the appropriate treatment. If the doctor only has the chance to see the client once, the session will be dedicated more towards “putting the client on the right track”, finding out about the “real” causes of her/his problem and explaining how to continue, although there will always be also treatment.

Registration for Dr. Gotz Lehle's workshops, April 13, 14, 2012

For information: Jennifer Stacey, M.S., js@peakperformancepilates.com
Make payment to: Peak Performance Pilates, 126 Post St., 3rd fl. S.F. CA 94108.
js@peakperformancepilates.com.

The Workshops are located at Peak Performance Pilates and The Pilates Collective, 126 Post Street, 3rd floor, San Francisco, CA 94108 between Grant and Kearny. We are 1.5 blocks from the Montgomery BART and Muni station.

Space is limited. So sign up early! Pre-registration and pre-payment is required by April 9. Refunds are provided if cancellation is prior to March 26. No refunds provided after March 26. If cancellation occurs with a merchant card charge there will be a 4% fee charged. Both day attendance recommended.

Friday, April 13: Before March 30; \$105, \$115 after March 30.
Saturday, April 14: Before March 30: \$105, \$115 after March 30.
Both days: Before March 30: \$205, \$220 after March 30.

Name: _____ phone: _____

Address: _____

Email address: _____ date: _____

Attendance: 2 day _____ Friday _____ Saturday _____

Amount enclosed: _____