



## The Diaphragm - Psoas - Pelvic Floor and their connections in the body

by **Dr. Gotz Lehle**

who comes here all of the way from Italy.

Friday, August 24, 3 pm - 7 pm.

Diaphragm – Psoas – Pelvic Floor and their connections with other parts of the body. Anatomy, Functional Anatomy, Physiology. Examples from the audience, many practical exercises! 2.5 hours of theory and 1.5 hours of practical breathing exercises and movement.

Goals: to understand about function and importance of the diaphragm, the psoas and the pelvic floor (and so about the importance of proper breathing) and their connections in the body. Learning some simple but effective and fun breathing exercises and movement. For all people who work with their own body (dancers, acrobats, musicians, sports people, yoga teachers etc....) and for everyone who works (or teaches) on other bodies!

Space is limited. \$200. [info@peakperformancepilates.com](mailto:info@peakperformancepilates.com)

4 PMA CEC's may be offered.

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(r) Practitioner and has professional training in M. Feldenkrais(r), Chiropractic, Applied Kinesiology, Osteopathy, Injury Recall Technique, Posturology, Nutrition in Competitive Sports. 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(tm), 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.

***Peak Performance Pilates. 126 Post Str. 3rd floor, San Francisco. Payment to:  
Peak Performance, 717 Main St., Half Moon Bay, CA 94019. 415-392-9662.***