

Three unique opportunities to study with **Jennifer M. Stacey, M.S.**, in Tuscany, Italy in July, 2011.

Second Generation Pilates Teacher, Exercise Physiologist, Author.

Jennifer M. Stacey, M.S. has been teaching for 22 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 and scientific papers.

## **Florence, Italy**

Saturday, July 9, 2011. 9 am - 17 pm.

**Training Lab**, Centro di Riabilitazione Funzionale. Via Scipione Ammirato 35 Firenze

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## **Pilates from the wings: The power of the Scapular muscles and Serape in Pilates and Movement**

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.



## **Nourishing the Spine in Pilates with Elongated Spinal Motion**

You will learn how to teach flexion, extension, rotation and lateral flexion in a functional and lengthened manner. Participants will learn how to perform classic Pilates in a way that benefits the neck and back, enhances posture and shapes the body in a desirable way. Discover how to teach individuals with injury and restrictions, and give them tools to speed up their recovery.



## **Livorno, Italy**

Saturday, July 16, 14 pm - 19 pm, Sunday, July 17, 10 am - 17 pm.

**Eukinesis**. Viale Caprera 17 - 57123 Livorno

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## **The Placement of the Head, Neck and Spine in Pilates and Movement**

Enhance Pilates performance and discover solutions for movement problems and injury through a Chiropractic, Chinese Medicine, Nutritional, Applied Kinesiology, Osteopathic, Motor Control, Pilates' and M. Feldenkrais® based perspective. Learn how to perform Pilates' skills with proper mechanics. Discover the benefits of proper mechanics, and the disadvantages of aberrant mechanics. You will learn effective tips that cause immediate improvements in the skill.

## **Honoring the Psoas and the Spine and Pelvis will follow**

Participants will learn to optimize the function of the iliopsoas in Pilates. Participants will perform skills from Pilates and M. Feldenkrais® that encourage psoas mobility and function, with emphasis placed upon proper technique, effective imagery and cuing.

## **Farmhouse retreat by the River Orcia**

July 9 - 16, 2011.

Join Jennifer at a beautiful retreat in a refurbished farmhouse nestled in an olive grove, on the River Orcia in the heart of the Brunello country, Tuscany. 8 days, 7 nights, food and drink, a wine tour, 5 days of Pilates classes, a workshop and an evaluation are included in the affordable price. There are cooking classes, photography classes and horse back riding available. Private and semi-private Pilates sessions are available.

Contact Karen Law: <http://web.me.com/karen.law/citrAyus/retreat.html>.



Workshops are open to movement educators and those who love to move, dance and/or play sports.

Jennifer M. Stacey, M.S., Author of "Movement Perspectives™", "Teaching the Universal Reformer Repertoire", "Roller-Play™ - Roller Player." [js@peakperformancepilates.com](mailto:js@peakperformancepilates.com) <https://peakperformancepilates.com>

For ongoing health and movement tips go to Facebook Peak Performance Pilates and read our blog on the website. San Francisco and Half Moon Bay, California, USA.