

Discover the Magic of Pilates through the teachings of the Pilates Elders, science, medicine and biomechanics.

A unique opportunity to study at **Pilates4u** in **Rome, Italy**. July 10, 11.

Immersion™ Pilates Aquatics™, July 12-14, Roma Forum Sports Center with

Jennifer M. Stacey, M.S.

Exercise Physiologist/Biomechanist, 2nd Generation Pilates Teacher, CPT, Author

Jennifer M. Stacey, M.S. has been teaching Pilates for 30 years and studied with several Master Pilates Elders including Kathy Grant, Ron Fletcher, Romana Kryzanowska, Eve Gentry. She teaches worldwide and has written several books and scientific papers. Having invented a patented device to perform Classic Pilates in the water, Jennifer enjoys teaching Immersion™ Pilates Aquatics™.



Wednesday, July 10. 9:30 - 13:30 Addressing Back problems with Pilates. 4 PMA CECs.

Dr. Götz Lehle will lecture for the first hour on the spine, SI, function, interconnections with the body. Discover solutions for preventing and overcoming back and neck problems. Design an effective Pilates program using the Apparatus and Mat. There will be a brief review of: A) Discs, dura, stenosis, 'spondys'. Contra-indications. B) Factors that influence movement and pain. C) Basic principles from other health professions. Know when to refer your clients to Health practitioners. D) The stretch reflex. Learn when stretching is or is not effective. Learn how to modify and teach proper mechanics for each client and their condition. Hone your 'eye.' Perform Pilates and skills inspired by Moshe Feldenkrais, Physio-synthesis®. Pilates is a phenomenal system to prevent, manage and overcome back issues. Your 'back' clients will soon become "fit" clients. Release the hips, back, neck and shoulders. Find the Serapé and centers to promote functional mobility. \$180 (includes 4.4% credit card fee).



14:30 - 16:30 Opening the lower back ribs with the Wunda Chair. 2 PMA CECs.

In this fun, transformative workshop, learn to suspend yourself up, and initiate movement by filling the lower lobes of your lungs, while performing the Pilates Wunda Chair repertoire. 'Lower-back-side' breathing mobilizes, stabilizes and encourages recruitment of the wings and deep center. Successful Pilates' performance and pelvis alignment depends upon lower-back-side breathing and releasing the lower back ribs, especially in the intermediate and advanced skills. Learn effective cues and technique that will help you and your clients quickly conquer the Wunda Chair repertoire. Open the lower back ribs and feel the internal shower that J. Pilates described. \$90 (includes 4.4% cc fee).



17:00 - 18:30 Classic Pilates Mat Class inspired by the Pilates Elders and Movement Perspectives™

Learn the flow, breath, sequencing and transitions of an Advanced Classic Pilates Mat class with proper biomechanics. Variations, modifications, cues and images from 4 Pilates Elders. Enjoy the Romana Kryzanowska Transitions. Fabulous fun! \$60 (incl. bank fee).

Thursday, July 11. 10:30 - 13:30, 14:30 - 17:30 Learning from the Pilates Elders: Kathy Grant, Ron Fletcher, Romana Kryzanowska, Eve Gentry, Bruce King. 6 PMA CECs.

Enjoy the ingenious Pilates Apparatus and Mat movements, transitions, breathing skills, cues and images of The Pilates Elders. Learn the fascinating wisdom and stories passed down to Jennifer from her teachers. **Kathy Grant:** Intriguing Mat repertoire including her Cats and Laterals. Reformer, Chair, Cadillac, Ladder Barrel, Ball skills. Highly effective images, cues and multiple props. **Ron Fletcher:** Innovative Reformer, Spine Corrector, Chair, Cadillac skills, variations and transitions. Spine Corrector class! **Romana Kryzanowska:** Jennifer's favorite Romana early order/versions, cuing, transitions. **Eve Gentry:** Mat. Many of Eve's skills are inspired by Moshe Feldenkrais and are phenomenal at addressing neck, shoulder and back problems. You will notice profound changes in your body, such as opening of the shoulders and back, and release of neck tension. You will also learn gems from other Elders such as Carola Trier. Jennifer feels so fortunate to have learned from, befriended, hosted and even taught several Pilates Elders. Come and be inspired by their spirit and wisdom! \$270 (includes 4.4% credit card fee).

Friday - Sunday, July 12 - 14 Immersion™ Pilates Aquatics™ course. 18 PMA CECs.

10:00 - 17:00 (w/ 1 hr break) 5 hours each of Reformer, Mat, Chair repertoire. 2 hours of Cadillac, Barrels in, on, BY the water! Have fun exploring the Classic Pilates repertoire with an added proprioceptive challenge, which instantly accesses your centers, and support, from the water. Enhance your Pilates practice and teaching. Expand your opportunities to teach outside, retreats, clients' pools and facilities that do not have the apparatus. Enjoy performing and/or teaching the Apparatus, Mat repertoire wherever you go! *"I got a 1000 hours of information in 18 hours!" "With every experience of IPA™ I learn new insights that directly transfer to teaching in the studio. I am falling in love with Pilates all over again!" "The water made it easier to feel the movement originating from the core immediately." "Exhilarating!"* \$860 + bank fee. Includes 3 days pool fee. Roma Forum Sports Center indoor Aquatics pool.



Space is limited, sign up early. Discounts for attending numerous workshops. To register: js@peakperformancepilates.com.



<https://peakperformancepilates.com>, immersionpilatesaquatics.com.

Jennifer is available to teach Private and Semi-Private Sessions Wednesday, July 9.

Pilates4u at the Roma Forum Sport Center. via Cornelia, 493, Rome.



Jennifer M. Stacey, M.S., Author of "Movement Perspectives™" (English and French), "Teaching the Universal Reformer Repertoire", "Roller-Play™ - Roller Repertoire." Peak Performance Pilates. Immersion™ Pilates Aquatics™. For ongoing health and movement tips go to Facebook Peak Performance Pilates and read our blog on <https://peakperformancepilates.com/blog>. San Francisco and Half Moon Bay, California, USA.