

# **Asymmetrical Exercises for Asymmetrical Bodies**

**A 3-day Intensive Pilates Workshop with acclaimed teacher  
Jillian Hessel**

**\* \* \* 15 PMA CEC APPROVED \* \* \***

Millions of adults are living with scoliosis, or other postural imbalances caused by injury, de-conditioned muscles, chronic condition and poor posture. More likely than not, you have encountered clients with these conditions, or perhaps you suffer yourself from one of these complaints. Deepen your understanding of postural abnormalities and scoliosis, while learning remedial and modified Pilates exercises for the Mat, Reformer, Wunda Chair, and Cadillac. Living with scoliosis and learning to master her chronic back pain herself, Jillian's intimate knowledge of, and experience with, these modifications is unsurpassed.

**When:** April 25-27, 2014

**Where:** Peak Performance Pilates Studio, San Francisco

126 Post Street 3rd Floor

(415) 392-9662

**Prices:** Friday Only \$150, Full Workshop Early Bird \$465, After March 1 \$500

**To Register:** Contact Jennifer Stacey at [info@peakperformancepilates.com](mailto:info@peakperformancepilates.com)

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## **Day One**

**Friday April 25, 2014**

**2:00 P.M. - 7:00 P.M.**



## **The Postural Assessment, Pre-Pilates Fundamentals, and Modified Matwork**

Day One will focus on honing the teacher's eye, and the student's own proprioception of their structural misalignment. What "feels straight" to the client often isn't, and therefore the attuned teacher must learn how to cue their client to recruit dormant, underused muscles that need to "wake up" in order to help realign the spine. Our goal here is not to completely cure the condition, which is impossible, but certainly to alleviate pain, enhance mobility, improve quality of life, and to prevent any worsening of the condition.

After the assessment, we will learn both stabilization and mobilization exercises supine, prone and side-lying on the Mat, without the resistance of springs. Pre-Pilates Fundamentals to help raise the client's awareness of his/her muscular imbalances, and help to prepare for working in the best alignment possible once the apparatus is introduced. Specific breathing patterns will help to target altered muscle recruitment, aimed at balancing out uneven muscular development.

**NOTE:** Clients challenged with scoliosis, or other postural issues and back pain are also invited to attend Friday night's session, space allowing.

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## **Day Two**

**Saturday April 26,  
2014**

**1:00 PM - 8:00 PM**



## **Asymmetrical Cadillac & Step Barrel Exercises**

Day Two will focus on exercises performed on the Cadillac & Step Barrel that have been modified specifically for clients with postural and muscular imbalances and/or scoliosis. We will also delve more deeply into the "hands on" assistance and mental imagery necessary to help clients absorb and internalize the corrective adjustments.

We will start Day Two with a 1 hour Mat Class that will also serve as an "active review" of the Fundamentals covered the previous evening. Mat Class will provide all participants an opportunity to warm up, move, and integrate the corrective exercises into their own bodies. We will then progress onto the Cadillac, and spend the rest of the afternoon & evening time exploring the exercises, imagery and one-on-one "hands on" partnering techniques that Jillian has evolved from her studies with 1st Generation Teachers Kathy Grant and Carola Trier.

## **Day Three**

**Sunday April 27,  
2014**

**9:30 AM - 3:30 PM**

## **Reformer & Wunda Chair Exercises**

Day Three will focus on exercises performed on the Reformer and Wunda Chair that have been modified specifically for clients with postural and muscular imbalances and/or scoliosis.

We will also start Day Three with a 1 hour Mat Class that will further serve as an "active review" of the Fundamentals covered in Day One. Mat Class will provide all participants an opportunity to warm up, move, and integrate the corrective exercises into their own bodies. We will then progress onto the Apparatus, and spend the rest of the morning and afternoon sessions exploring the asymmetrical exercises, imagery and the one-on-one "hands-on" partnering techniques necessary to instruct clients with structural imbalances.

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