

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

A unique opportunity to study with

Jennifer M. Stacey, M.S.

Exercise Physiologist/Biomechanist, Second Generation Pilates Teacher, Author
in New York at Rolates Pilates

Jennifer M. Stacey, M.S. has been teaching Pilates for 25 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.

Saturday, March 16, 2013 3-3.5 PMA CECs (in process). \$115.

1:30 pm – 5:00 pm. **Honoring the Psoas in Pilates and movement**



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. Learn how to effectively stretch and release the psoas, perform Pilates skills with optimal psoas placement, diminish over-recruitment of the hip flexors and increase use of 'center.' Learn how to anchor the origins of the psoas during skills such as The Hundred, The Nasty Five, Teaser, Footwork and Leg Springs, which enhances use of center and reduces stress placed on the spine and hips.



Description:

Participants will learn to optimize the function of the iliopsoas (psoas) in Pilates. Upon completion of the class, the participants will observe improvements in their alignment, gait and Pilates. They will have a greater understanding and respect of the role of the psoas in movement.

Participants will perform skills from Pilates and Moshe Feldenkrais that encourage psoas mobility and function, with emphasis placed upon proper technique, effective imagery and cuing. Participants will learn to utilize the hip rotators, thigh adductors, hamstrings, transversus and pelvic floor, and diminish the over-recruitment of the hip flexors. They will release unnecessary tension in the psoas. The participants will learn when and how to stretch and release the psoas. They will experience a profound transformation in their alignment upon releasing the psoas.

This class will introduce: 1. The role of the psoas in Pilates and movement. 2. Factors that influence the psoas, such as biomechanics, posture, ergonomics, nutrition, and lifestyle. The placement of the body in relation to gravity. 3. How imbalance in length, strength, and recruitment patterns of the psoas can lead to problems above and below the pelvis.

Experiential movement will reveal the relationship of the psoas with the diaphragm and 'the center.' Efficient psoas recruitment, through proper body and breathing mechanics, results in a deeper use of the center.

The "iliopsoas" (the iliacus, psoas major and psoas minor) or "psoas" is a group of muscles crucial to postural integrity and stability, spinal, hip, limb and organ health. There is a tendency to overuse the psoas (and quadriceps) muscles, which can place stress on the spine, hip and lower limb. This dysfunction can be addressed through balanced, global recruitment patterns.

Participants will learn to perform 'psoas friendly' biomechanics by fixing the origin of the psoas during movement. Understanding the role of spinal and rib placement for optimal psoas function is crucial to safely and efficiently performing Pilates, movement and sports. Releasing the lower back ribs facilitates success quickly. The participants will be able to perform many skills such as the Hundred, the Nasty Five and the Teaser from the center rather than overusing the hips and legs. Their posture will be improved and their pelvis will be perfectly aligned in the Footwork and Leg Springs.

People are often mystified by the psoas because of its winding path, multiple functions and attachment points. If the psoas is approached wisely, performance, health and longevity are enhanced.

To register: info@rolates.com. 939 8th Ave., Suite 207, NY, NY 10019. 212-247-9603. \$115.



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