



Pilates Education

1988-89 Certificate from St. Francis Hospital for Sports, Dance Medicine, San Francisco.

1991 Certificate by the Institute for the Pilates Method to teach Pilates teachers.

Early 1990s: Romana Kryzanowska: Verbal approval as a Pilates Teacher following a type of apprenticeship.

Studied under the following First Generation Pilates Teachers (for 18 years and longer):

Romana Kryzanowska
Kathleen Stanford Grant
Ron Fletcher

Attended workshops by First Generation Teachers:

Eve Gentry Lolita San Miguel
Bruce King Mary Bowen

Studied with:

Alan Herdman, Kathy Corey
Marika Molnar, P.T., Deborah Lessen

Hosted workshops by professionals including:

Ron Fletcher, Kathy Corey, Rael Isacowitz, Jillian Hessel, Jean Claude West, Anna Schmidts, Craig Phillips, P.T., Eric Franklin, Jarmo Ahonen, P.T., Dr. Irene Minkowsky, Dr. Richard Robertshaw, Dr. Chady Wonson, Dr. Gotz Lehle.

Collegiate Education

Bachelor of Science Degree, University of California at Berkeley, in Exercise Physiology/Sports Medicine with an emphasis in Dance

Master of Science Degree, University of Oregon, Eugene, in Exercise Physiology with an emphasis in Dance Science, Bio/muscle mechanics).

Jennifer M. Stacey, M.S.
Peak Performance Pilates
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San Francisco, CA 94108
717 Main Street
Half Moon Bay, CA 94019

"Jennifer Stacey has a seemingly simple and quiet way of working with the body but the depth of her understanding of the body parts, her care and attention are palpable and she brings you around to the right place in space without stress and/or striving on your part." - Ron Fletcher, First Generation Pilates Teacher

On "Teaching the Universal Reformer Repertoire":

"Congratulations... you've put together an awesome piece of work - good for the entire community, and I am pleased to be included in your lore - and honored!

- Ron Fletcher, First Generation Pilates Teacher



Workshops, Retreats and Mentorship

by

Second Generation Pilates Teacher

Jennifer M. Stacey, M.S.

Exercise Physiologist, Author



Informed by the teachings of the First Generation Master Teachers, physiology, kinesiology, biomechanics, medicine, Chinese medicine, Acupuncture, nutrition, M. Feldenkrais, Physio-synthesis™, dance and sport to easily reveal the wonder of Pilates.

"Her enthusiasm and love of teaching Pilates is contagious."

"Forward thinking, visionary, inspirational, innovative, intuitive, thorough, thought provoking, fun."

<https://peakperformancepilates.com>
js@peakperformancepilates.com

Founder of Pilates' Studios

Owner and director of Peak Performance Pilates in San Francisco and Half Moon Bay since 1989.

Jennifer set up one of the first dedicated Pilates Centers in the San Francisco Bay Area, and founded and directed other Centers in San Francisco. Jennifer hired and trained teachers who are now well established in the Bay Area, America and Europe. She is an adviser to Pilates' centers in New York, France, Italy, Belgium, Scandinavia, Finland and California.

Pilates' Teacher Education Courses

Established in 1991 in San Francisco and Half Moon Bay, California, Peak Performance Pilates Teacher's Education course is one of the most comprehensive and respected courses. The course requires a minimum of 1000 hours. It has been offered in Zurich, Switzerland. Jennifer taught on a continuing basis in Paris, France since 2003 with Martine Curti-Oakes.

"...I am convinced Ms. Stacey is among the best teachers in the field of Mind, Body and Control. She has a wide range of information and has the ability to teach it well..." - Jarmo Ahonen, P.T., Art Fysio Oy, Helsinki, Finland. P.T. for Olympic Team, Finnish National Ballet.

Conference Presentations

Since 1987, Jennifer has toured the world presenting lectures at International Dance Medicine, Performing Arts Medicine (PAMA), Somatic, Sports Medicine, Physical and Health, and Dance Conferences. Founding member/speaker of the International Association of Dance Medicine and Science (IADMS), Jennifer has been a frequent presenter at the annual IADMS symposia around the world including the USA, England, The Netherlands, Sweden, Spain, and Israel. At IADMS, she started a panel of dance and health professionals concerned with issues involving the young dancer. Jennifer enjoys teaching at Pilates' Conferences such as the Pilates Method Alliance and a Ron Fletcher symposium. She was a regular presenter at the Body Mind Spirit conferences. Jennifer has taught workshops at numerous Pilates' studios in America, England, Europe (Switzerland, France, Italy, Spain, Germany, The Netherlands, Belgium), Scandinavia, Finland, Australia and Asia. She enjoys teaching at retreats in Italy.

Publications

Master's Degree Thesis: Investigated the relationship between foot impulse patterns and the activity of the lower leg muscles (with particular interest in pronation and heel strike) during petite allegro jumps performed in first position. 1988. *This is one of the first dance science research studies utilizing electrical scientific equipment and method.*

Physiological Development of the Adolescent Dancer. *Journal of Dance Medicine and Science*, May 1999.

Articles in multiple international, national publications.

Peak Performance Pilates Teachers' manuals

Volume 1: Movement Perspectives™ (English, French). Develop the foundation for teaching and understanding Movement and Pilates. 176 pages, 714 photos, 42 original illustrations. English, French editions.

Movement Perspectives™ II: Client edition. 156 pages.

Volume 2: Teaching the Universal Reformer Repertoire, L. I - V. 256 pages, 2740 photos.

Roller Play™ - Roller Repertoire. 40 pages.

Future Teaching Manuals:

Volume 3: Teaching the Pilates' Mat Repertoire

Volume 4: Teaching the Cadillac Repertoire

Volume 5: Teaching the Pilates' Chairs

Volume 6: Teaching the Spine Corrector & Ladder Barrel.

Volume 7: Teaching Magic Circle, Ped-a-pul, Breath-a-sizer, Toe & Foot Correctors.

Volume 8: Teaching Ball and Theraband.

Volume 9: Program Design for Injuries, Scoliosis and Pregnancy.

For ordering: <https://peakperformancepilates.com>,
For information: js@peakperformancepilates.com

"Movement Perspectives™ is an awesome and wonderful piece of work Jennifer Stacey has produced - the best academic study of Joseph Pilates Body Contrology I have seen. She really shows and tells you what the work is about, the specificity, the depth and quality - and the study and work required to become a teacher prepared to pass it on!..."
- Ron Fletcher, First Generation Pilates Teacher

Workshop Topics

There is an extensive list of workshop topics from various categories, including the following:

Classic Pilates Apparatus and Mat workshops and classes integrating the teachings of several First Generation Teachers, including transitions.

Pilates and alignment:

The head, neck and spinal alignment in Pilates. Honoring the Psoas in Pilates. Releasing the Ribcage. Moving from the Wings - connecting the Serape through the scapulae, arms, elbows, wrists.

Science Based (and application) presentations:

Movement Perspectives™. Anatomy of breathing and application to Pilates. The Science of Pilates, the "why" behind the wonder. Gait and posture analysis.

Approaching injury, pain, alignment, gait analysis:

Neck, Spinal and Shoulder Injury recovery and prevention. Integrating the principles of Pilates, M. Feldenkrais, Physio-synthesis™, Chinese Medicine, Chiropractic, Applied Kinesiology, Cranial Sacral, Osteopathy and Nutrition in the prevention and management of pain and injuries.

Jennifer works with several doctors and health practitioners to advance the recovery of the injured client, and to enhance performance of Pilates, dance, sport and daily activities. She co-teaches workshops with Dr. Richard Robertshaw, Dr. Chady Wonson and Dr. Gotz Lehle.

For a full list of workshop topics, questions about hosting Jennifer's workshops, retreats or if you are interested in a mentorship please contact Jennifer Stacey, M.S.

"Jennifer Stacey's 'Movement Perspectives™' is by far the most comprehensive treatment of Introductory Pilates that I have ever seen. It covers so much more than Joe's exercises: from how muscles work, to how to breathe, from how one might assess a client's posture, to examples of language imagery for teachers. Jennifer has thought of everything, and provided meticulous detail that should please even the most thoughtful Pilates student..." - Jillian Hessel, Pilates Teacher, Author.

"Movement Perspectives™ is full of valuable information from a variety of disciplines that will be useful to Pilates teachers. I especially like the sections on Breathing and Preparing the Body. I would encourage anyone involved with movement to use this book." - Marika Molnar, P.T., LAc.