

This flyer is to announce:

1) Upcoming Pilates' workshops, teacher's course and "client lessons" that will be taught by Jennifer Stacey, M.S., in Paris, France at A-Lyne Centre de Formation/Ecole de Pilates Curtis-Oakes.

2) The publication of the first volume (of 9) of Jennifer Stacey's Peak Performance Pilates Movement Education Program Training Manuals "Movement Perspectives™" and the client edition are available now in English. The French edition is available in April. "Teaching the Reformer Repertoire Manual" will also be available in April. A flyer is attached for "Movement Perspectives™" and for the 9 comprehensive teaching manuals.



Workshops

Paris, France

All workshops are open to the public. You are welcome to sign up for all of the workshops or for separate workshops.

10:00 – 17:00, Friday, March 14, 2008: [Movement Perspectives™](#) (condensed).

In this workshop, the participants will learn the following:

- 1) The principles of Pilates.
- 2) Pilates is a comprehensive system with proper sequencing, levels, order, and transitions.
- 3) The 11 cues or images that empower the body to immediately perform movements correctly.
- 4) The 16 basic movements of Pilates that the system is based upon.
- 5) Demystifying Pilates: the physiology and science of Pilates. The physiological and biomechanical explanation for why Pilates (when done properly) can be effective at re-patterning the body towards optimal biomechanical efficiency.
 - Anatomy of Breathing.
 - Pilates Kinesiology
 - Muscle physiology and how to apply the science to teaching while keeping the client in his/her kinesthetic body.
 - Biomechanics
 - Using imagery to ensure results.
- 7) Application to a basic Pilates Mat Class and Foam Roller work.

10:00 - 17:00, Saturday, March 15: [Movement Perspectives™](#) continued.

Application of Movement Perspectives™ to Pilates Mat and Apparatus work and other movement systems including skills inspired by M. Feldenkrais and Physio-Synthesis.

Sunday, March 16, 2008:

160 euros for the entire day

10:00 – 12:00 Pilates Program design for Knee problems. 55 euros. Working with the knee is tricky. Learn how to design a program to help your clients. The anatomy of the knee will be briefly reviewed. Modifications and contra-indications of Pilates will be presented. The participants will learn Pilates and physical therapy based movements that enhance the function of the knee.



13:00 - 17:30. Program design for injuries and restrictions of the trunk: The Shoulder, Neck, Back and Sacro-iliac joint. Co-taught with Dr. Gotz Lehle, MD. 120 euros.

It can be very challenging working with clients that have shoulder, neck, spinal and sacro-iliac injuries and restrictions. However, if a teacher knows about trunk restrictions and how to approach them, it can be exciting to see clients recover quickly from their maladies. The anatomy of the spine and shoulder will be briefly reviewed. Modifications and contra-indications of Pilates will be presented. The participants will learn numerous skills inspired by M. Feldenkrais, Physio-Synthesis and Pilates to discover how to deal with clients that have spinal, shoulder and SI problems.

❖ March 11 - 13, 17 - 18. Jennifer Stacey will be teaching the following: Spine Corrector Classes, Chair Classes, Mat classes, Reformer Classes, Cadillac classes, Auxillary apparatus class (Toe Corrector, Foot Corrector, Ped-o-pole, Barrels), and Foam Roller Class.

Jennifer is available to teach private and semi-private classes during the week by appointment. All classes can be scheduled by emailing A-Lyne Centre de Formation.

Discounts are available for those attending multiple workshops.

For information on registering for classes and workshops please contact:

Martine Curtis-Oakes:

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Jennifer is available for teaching Pilates' Teacher's courses, seminars and workshops in the USA and worldwide.

Jennifer M. Stacey, M.S.

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