

PILATES CHAIR:

Teaching Connections and Techniques

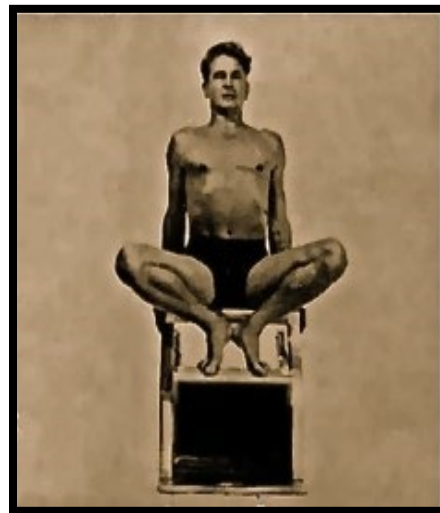
“Respect each other and the differences in Pilates. “

~ Mary Bowen, Pilates Elder

The Pilates chair offers a challenge with the use of resistance. Resistance is when the body encounters pressure and works against it. The personality of the chair can often be intimidating with its “bullying” effect, which is a result of the struggle between the chair and student each trying to overcome the other.

Using resistance from the chair and gravity of body weight will bring greater awareness, promoting correct muscle firing patterns and coordination. This, in turn, will increase power and strength used in functional and athletic movements

Heighten your skills in cueing technique and connections to create both a physical and educational experience for your student, whether you are teaching beginning or advanced exercises. Your best cues will come from having done the work yourself, which is essential to help your student deepen his or her work on the chair.



Friday March 22nd, April 5th, and April 26th, 2017

2:30pm – 6:00pm

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