

**Attend a series of Scoliosis Intensives With
Acclaimed Pilates
Teacher Jillian Hessel**



**WORKSHOP #2 FOCUSES ON EXERCISES
PERFORMED ON THE CADILLAC
***** PMA CEC APPROVED *******

Millions of adults are living with scoliosis, and more likely than not you have encountered a client with this condition.

Deepen your understanding of scoliosis while learning remedial and modified Pilates exercises for the Mat, Reformer, Wunda Chair and Cadillac. Living with scoliosis herself, Jillian's intimate knowledge of, and experience with, these modifications is unsurpassed.

WORKSHOP #2

This workshop will focus on exercises performed on the Cadillac that have been modified specifically for clients with postural and muscular imbalances and/or scoliosis. This Workshop will also delve more deeply into the "hands on" assistance and mental imagery necessary to help clients absorb and internalize the corrective adjustments. The workshop will begin with a 1.5 hour Mat Class that will also serve as an "active review" of the Fundamentals designed for the client with imbalances and/or scoliosis. The 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 morning & afternoon sessions exploring the exercises, the imagery and the one-on-one "hands on" partnering techniques.

Sunday, March 14, 2010

10 am - 4 pm

Held at

Watanabe Pilates Studio

1509 N Crescent Heights Suite 8

West Hollywood, CA 90046

Cost \$270.00 per workshop

Workshop is limited to 12 people

To reserve a space and for more information call or email

Cheryl Montelle

323-791-2986

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To find out more about Jillian Hessel go to

www.jillianhessel.com

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Note:

This Scoliosis workshop series is broken down into three individual workshops that you attend one at a time, pay for one at a time, and commit to one at a time. For each hour of work you will receive one CEC credit. We have arranged these workshops so that you can take one, and if you can't make the next one it will come back in rotation. It's like a carousel -- you hop on when you can. These workshops, set up in this fashion, have proven to be informative yet not overwhelming.

Very simply broken down:

Workshop 1 includes learning Jillian's posture analysis, mat and reformer exercises for scoliosis.

Workshop 2 begins with a mat class utilizing exercises learned in Workshop 1. We will then focus on exercises performed on the trap table.

Workshop 3 begins with the mat class then focus's on exercises on the foot chair, and high and low barrels.
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