

**Asymmetrical Exercises For The Asymmetrical Body
Taught by Acclaimed Pilates Teacher**

Jillian Hessel

Sunday, June 13

10 am - 4 pm

at

**The Watanabe Pilates Studio
1509 North Crescent Heights
Los Angeles, CA 90046**

\$270

PMA CEC Approved

**This workshop will focus on exercises performed on the
Wunda Chair, Ladder and Step Barrels**

that have been modified specifically for clients with postural and muscular imbalances and/or scoliosis. The workshop will also delve more deeply into the "hands on" assistance and mental imagery necessary to help clients absorb and internalize the corrective adjustments. We will start the workshop with a 1.5 hour mat class that will cover fundamental exercises designed for asymmetrical bodies and postural imbalances. 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 apparatus, and spend the rest of the morning & afternoon sessions exploring unilateral exercises, imagery and the one-on-one "hands on" partnering techniques necessary to instruct clients with structural imbalances.

**To sign up for this workshop or for more information please contact
Cheryl Montelle**

at

323-791-2986 or cherylmontelle@gmail.com