

PILATES

on the lake



enrich your *Education*

SHOULDER GIRDLE & CERVICAL SPINE WORKSHOP

Saturday August 18th 12:00 p.m. - 6:00 p.m.

Teaching better Pilates when addressing common issues of the shoulder girdle and cervical spine.

In this 6-hour course we will explore some of the common issues surrounding the cervical spine and shoulder girdle. The basic anatomy of the shoulder girdle and cervical spine will be reviewed. We will discuss common pathologies and dysfunctions due to injury, posture and tightness. Students will learn to evaluate posture and range of motion while creating smart and corrective exercise programs for their clients using the Pilates repertory and equipment. Some time will be dedicated to practicing, seeing and teaching. \$200/day.

Call 262.695.2262 to Sign up Today!

161 W. Wisconsin Avenue
Pewaukee, WI 53072

www.PilatesOnTheLake.com



Cara Reeser
Owner of Pilates Aligned Inc.

THORACIC & LUMBAR SPINE WORKSHOP

Sunday August 19th 9:00 a.m. - 3:00 p.m.

Teaching better Pilates when addressing common injuries and postural issues of the thoracic and lumbar spine.

In this 6-hour course we will explore some of the common issues of the thoracic and lumbar spine. The basic anatomy of the spine will be reviewed. We will discuss common pathologies and dysfunctions of the spine due to injury, posture and tightness. Students will learn to evaluate posture and range of motion while creating smart and corrective exercise programs for their clients using the Pilate's repertory and equipment. Some time will be dedicated to practicing, seeing and teaching. \$200/day.

