

SCOLIO – PILATES

With *Karena Thek Lineback*



Offered at **ABsolute Pilates**
Charlotte, NC
www.absolute-pilates.com

September 20-21, 2014
Saturday 12pm-7pm, Sunday 9am-3pm

Course Fee:

Tuition - \$455
Early Bird - \$395

The first goal of Scolio-Pilates, an OsteoPilates course, is to provide you with an anatomic understanding of scoliosis and kyphosis. With this understanding, correction becomes a logical step-by-step process as you correct the spine in three dimensions. Once the spine has been moved towards neutral then strengthening and endurance exercises begin to hold the spine in its new alignment.

Students will learn to design an appropriate exercise program around scoliosis and kyphosis. Anatomical definitions and the contraindications and modifications as they pertain to spine rotations and changes in the Pilates fitness and post-rehabilitation arenas will be discussed. And one of the most interesting parts of the workshop? You will given a scoliosis so you can feel what it's like to exercise with the roto-scoliosis that we see in the studio.

Preview anyone?

Free ScolioPilates Videos on YouTube

This workshop will teach you to work three-dimensionally to bring scoliosis and kyphosis towards a more neutral spine. Traditionally scoliosis is managed through observation, bracing and surgery. The techniques you will learn at this workshop aim to make exercise a viable part of the management program.

Four components will be emphasized in Scolio-Pilates to aid in mobilizing curves, reducing pain and improving lung and heart health:

1. Elongation of the spine.
2. Breathing exercises.
3. 3-dimensional corrections towards neutral.
4. Strength and endurance.

We learn a lot in our years of teaching and sometimes we also have the opportunity to attend workshops that allow us to begin to understand the body on a whole new level. And you know what, we always have a great time.

Visit: <http://osteopilates.com/scoliopilates> for more information on this fantastic workshop.



For more information and to reserve
your spot please visit

www.absolute-pilates.com

Email: info@absolute-pilates

ABsolute Pilates

6817 Fairview Rd, 2nd floor
Charlotte, NC 28210
704-442-8600