



ANATOMY CAMP



Pilates Education Lab presents 2015 Fall Session

At Sanchez Street Studios

Anatomy/Kinesiology

Spine, Hip, Shoulder and Core
Musculature

Saturday, Sept. 26, 1:30-6:30 pm

Sunday, Sept. 27, 3:30-6:30 pm

with Dallas Everleth

Pilates Instructor and Bodyworker

Learn Anatomy through this hands-on approach especially designed for visual and tactile learners. Build muscular and anatomical structures out of clay and layer them on skeletal models.

Recommended Reading before workshop:

- Anatomy of Movement, by Blandine Calais-Germain
- Pelvic Power, by Eric Franklin

\$350 for both workshops

or

\$295 for Anatomy/Kinesiology only

\$75 for Pelvic Floor and Breathing only

workshop location:

Sanchez Street Studios Studios

1589 Sanchez Street

San Francisco

Call 415-648-4911 to register or go to www.pilateseducationlab.com and link directly to online scheduling

Pelvic Floor and Breathing

Sunday, Sept. 27, 1:00-3:00 pm

with Susan Himes-Powers

Pilates Instructor and Teacher of the Franklin Method

Demystify, explore and embody the anatomy of the dynamic pelvic floor with Susan Himes-Powers. We will discuss and experience how the pelvic floor directly relates to the health of your internal organs, the movement of your

This is a great refresher course for Pilates Instructors, Yoga Teachers, Personal Trainers, Bodyworkers, and any type of Movement Enthusiast and a vital workshop for anyone considering a Teacher Training Program.