Pat Guyton Workshops at TriPilates

Friday, June 12, 2015, 6:00-9:00pm

A COMMUNITY FRANKLIN METHOD WORKSHOP

Franklin Method® Pelvic Power Workshop
Registration open to all.
Taught by Pat Guyton, Franklin Method Level III Educator

The Franklin Method® is a functional approach to movement using imagery, digestible anatomy, embodiment exercises and motivation to create positive change in your body and mind.

In this workshop you will learn:

• Learn some functional anatomy and how your body was designed.
• Improve your health and vitality.
• Manage your work environment through posture cues.
• Increase pelvic floor strength and flexibility for regularity and control.
• Practice diaphragmatic breathing to supplement pelvic floor health.
• Adapt this information for any activity and fitness level.
• Take home Franklin Method® Balls and exercises for home practice or in your studio.

Fee: $85 (includes Franklin Balls) or just $60 if you register for both workshops

Saturday & Sunday, June 13-14, 2015, 8:00am – 5:00pm

Pilates and Function: Relationship to Core Exercise
Registration now open.
Taught by Pat Guyton, PMA CPT- Master Pilates Teacher

Pat Guyton uses the Franklin Method and Pilates to teach students a deeper and more complete understanding of movement. Pat moves beyond basic Pilates choreography using simple tools to teach students about the pelvis and three dimensional movement in all Pilates mat and equipment exercises. “An exercise is not advanced because it is a difficult trick, an exercise is advanced when the student brings an advanced mind to the activity.” - Pat Guyton

In this workshop you will:

• Apply functional anatomy of the pelvis within the Pilates mat and equipment exercise.
• Focus on the relationship of the spine, ribcage and shoulder girdle to the pelvis.
  This will include specific attention to extension exercises.
• Experience a deeper understanding of the relationship of breathing and movement.
• Adapt exercise for people of all ages and fitness levels.
• Learn powerful new cues that immediately improve function.
• Gain strength with ease and efficiency. Let go of tension.
• Appreciate that good cuing really does affect our thoughts and the nervous system for faster change and positive mental health.
• 16 PMA-CEC’s - 2 Days

Fee: $450 – early bird discount $399 w/registration by 5/1/2015