



pilateszone

An Introduction to the 'Fascial Reformer'

Influence, restore and 'retrain' the fascia with the Pilates Reformer!

*A Professional Development Workshop in Association with Kinesis,
Anatomy Trains®*

With Karin Locher

*For All those who work with the Pilates Reformer, all movement and manual therapists
/body workers interested in the phenomenal potential of accessing and influencing the
fascia through movement.*

2nd and 3rd of June 2012, from 9am to 5pm, at Pilateszone Zürich
(www.pilateszone.ch)

You know

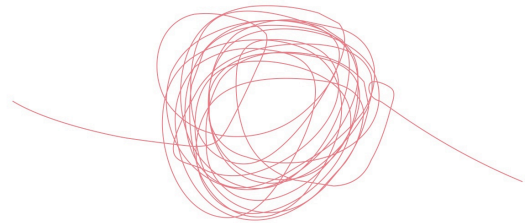
- The Pilates reformer and the Pilates repertoire.
- You know that the Pilates Method works with the integration of the 'whole' body for full movement functionality.
- You know the words, goals and the benefits.
- **You (may) know the Anatomy Trains and have heard of the fascia now being termed 'the missing link to movement.'**(Myers)

But did you know

- That there are 10 x more sensory nerve endings in your fascia than in your muscles?
- ...That the fascia is the 'organ system of stability' the main 'sensory organ' and the 3rd communication system, revolutionising the idea and future of 'fitness'.
- And that the Pilates Reformer can DIRECTLY, specifically, influence, restore and 'retrain' it!

Train the fascia and you will

- Be preventing and repairing damage.
- Build elasticity and resilience,
- Remodel and 'shape shift'
- Restore our neutral settings for posture and function,
- Steer small problems from developing into big ones,
- Ease long term consequences from injury
- **EXTEND FUNCTIONAL MOVEMENT FURTHER AND FURTHER UP THE AGE SCALE (Myers 2011)**



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In this Introduction to the Fascial Reformer we will demonstrate and experience this stunning means for the inter-connection of the neuro-myo-fascia through the Pilates Reformer.

Working with 'fascia insight' you will learn this DIRECT means of connecting to influence and 'train' the health, 'state' and re-organisation of the myofascial meridians, gaining further insight to the potential of the Reformer.

By restoring the elasticity of the fascia's fibres and connecting the lost pathways of communication along the long fascial chains, we can re-awaken and re-structure the whole organism. With this inter-communication we can re-negotiate habit patterns and stimulate self-regulatory co-operation.

The fascia is brought to our inner awareness and a 'sense felt' reality through specific applied 'touch contact' to the Reformers design, repertoire and spring function.

Karin Locher is the founder and director of Contrology Pilates Method: A Comprehensive Teacher Training School, Professional Development Centre and Studio, for clients, students and Pilates enthusiasts to study the genius and often forgotten intent and true legacy of the work.



A teacher and lecturer for 12 years Karin is dedicated to the original, now somewhat historical, teachings of Joseph and Clara Pilates and the profound and vast life changing potentials behind their Method, Contrology

In 2008 Karin developed Contrology and the Bodylines™ a pioneering first found neuromuscular application to restore and influence the fascia through the original Pilates Method and movement. She brings this heightened 'sense felt' body consciousness to our 'fascial body', to the remarkable ability to influence it through movement and the revolutionizing implications of its function and malfunction; thus she works and teaches to the reality and experience of the body as structure of tensegrity.

She continues to demonstrate and work with the stunning relationship between Joe's original vocabulary and spring function and the NEWLY FOUND research now sweeping across the world. She offers us an ever-broader vision and insight into the Pilates potential and into phenomena of our fascial body. (www.contrology-pilates-method.com)

Course costs:

Early bird discount: 600.- Sfr. till 31.03.2012 afterwards: 650.- Sfr.

In case of a cancellation a refund will be granted only with a doctor's certificate. A 10% administration fee will be charged.

To register for bank details and further information please contact us on:
info@pilateszone.ch