

'CONNECTED CORE'

A PILATES WORKSHOP WITH PEGGY WALLIN-HART

The core is our physical, emotional & energetic center. Its power is not found in isolation but rather in relationship to our whole being and it's interaction with the world around us. Working from this premise, our core musculature needn't be 'held' in stabilization but rather activated by the way we move. This natural support can be triggered through a chain of events starting with our hands & feet.

Using familiar exercises from the Pilates repertoire, we will explore this natural whole body potential and connect the dots from the feet & the hands to our dynamic center... and back out again.



Peggy is a passionate teacher, body nerd & movement whisperer.

Her unique perspective, culled over 20 years of teaching, dives deeply into the body's experience in motion: viewing the innate wisdom & holism of Joe's work through the lens of fascial & neuroscience.

She is a PMA certified instructor with a 'Masters' from the renowned Pilates Center of Boulder. And former director of Finetune Pilates Studio.

www.the-spring-inside.com

'FOOT TO CORE'

How our feet address the ground influence & enliven our abdominal support. Beginning with foot exercises to awaken & bring awareness to the architecture of the foot, we will then follow this energy up through the pelvis to explore the "roots" of our legs deep in the torso.

'HAND TO CORE'

Whether addressing the floor in quadruped or the handles and bars of the apparatus, the hands have a direct line of communication via the shoulder girdle to our center. Enlivening this connection will forever change your experience of "arm" exercises & will reveal the vital role your upper body can play in your overall power.

'CONNECTED CORE'

Having explored the core's natural ability to receive energy & information via the hands & feet we will now uncover it's capacity to give energy, support, and strength back out to the body as a whole. This connected core is a hub of energy & information that responds to our environment & allows us to optimize our physicality in & out of the studio.

SUNDAY, JANUARY 28

9AM-5PM

\$325 OFFERING 7 PMA CEC's

\$300 EARLY REGISTRATION BEFORE JANUARY 10

LOCATION: Finetune Pilates Studio 329 Atlantic Ave 2nd fl Brooklyn

REGISTRATION & INFO: contact Maeve at maeve@finetunepilates.com