



Fletcher Towelwork® Masterclass with Kyria Sabin

Experience Fletcher Towelwork with Kyria Sabin, Founder and Director of Fletcher Pilates®, Inc and The Fletcher Program of Study

LONDON:

Friday 1 April 2011, 3:00pm – 5:00pm

Cost: £40. Capacity: 50 Participants

Venue: Laban, Creekside, London SE8 3DZ

The Fletcher Towelwork®, developed and refined by Pilates Master Ron Fletcher over the past four decades, is a licensed body of work unique to the Fletcher Pilates® syllabus. Referred to as the “ultimate standing Pilates program,” Fletcher Towelwork (using an ordinary braided towel) ranges from simple – yet effective – movements designed to balance, stabilize and mobilize the spine and shoulder girdle to full-body movement patterns. Fletcher Towelwork® is taught and practiced worldwide in Pilates studios, movement and Physical Therapy practices and by athletic and personal trainers.

Fletcher Towelwork® was a direct response to the need for understanding of shoulder girdle stabilization and arm movement. Basic Towelwork can be taught to beginners as an easy and effective home exercise program. Towelwork

is versatile and can be adapted from classical standing Towelwork into seated and supine positions. The Fletcher Work® has developed and incorporated a wide spectrum of Towelwork extending from simple range of motion exercises into beautiful complex movement patterns that challenge the advanced student of movement.

Towelwork benefits the student in these ways:

- Enhances depression and retraction of the shoulder girdle;
- Opens and expands the anterior chest and shoulder muscles;
- Corrects forward head posture;
- Increases range of motion in the cervical spine;
- Prepares the shoulder girdle for weight bearing work on equipment.



Kyria Sabin, Director, Fletcher Pilates®, International; Director, Body Works Pilates Studios:

Recognized as a Master Pilates Teacher and disseminator, Kyria Sabin initiated her studies with Ron Fletcher in 1991 and founded Body Works Pilates Studios in Tucson, Arizona in 1993. In 1999 she initiated the first state-licensed Pilates teacher-training program in Arizona, the pre-cursor to the Fletcher Pilates Program of Study. She is founder and Director of Fletcher Pilates®, Inc and The Fletcher Program of Study, an international Pilates school offering one of the most rigorous Pilates educational programs in existence. A graduate of Duke University, a PMA® Certified Pilates Teacher and a Licensed Massage Therapist, Kyria developed the Pilates Program at the University of Arizona School of Dance where she serves as Adjunct Faculty. She is an international presenter and has served on the boards for the Pilates Method Alliance, the UA Dance Advisory Board, the Haven Center for Women and the Foundation for Expanding Horizons.

To book, go to www.pilatesumbrella.co.uk and download a booking form.

NOTE: Your place is only confirmed when we receive your payment; we cannot hold unpaid places.