



## Madeline Black

# Mat Masterclass for the Sole to Spine

### LONDON:

Friday 23 March 2012, 5:30pm – 7:30pm

Cost: £40. Capacity: 20 Participants

Venue: Moss Pilates, 10 London Fruit Exchange, 56 Brushfield Street London E1 6HB

Madeline will teach a class based on her experience studying under Naja Cori, a first-generation Pilates teacher in New York. Naja's attention began with the feet. Madeline created this class starting with the feet and progressing into traditional mat sequencing with the focus on the pelvis and feet. Madeline feels that the focus on core work with Pilates has overshadowed the power of the connection of the feet into the pelvis. Naja Cori strongly believed one would not progress into the mat work or apparatus work without the foundation of balanced feet. Experience the mat work in a new way.

### You will experience:

- How movement of the feet activates the pelvic floor and psoas giving a sensation of deep abdominal connection
- How mat work with attention on the action of the feet up into the hips and pelvis creates a stronger trunk
- How to strengthen the hips starting from the feet
- How to do traditional mat work with a 'whole body connection' feeling
- Enjoy a fun and energized workout

See this article on Madeline Black in Pilates-Pro: <http://www.pilates-pro.com/pilates-pro/2009/3/24/pilates-for-feet.html>



**Madeline Black** has distinguished herself as an international leader in Pilates instruction and movement education. To date she has presented her work at distinguished forums such as the Pilates Method Alliance, Pilates On Tour, Body Mind Spirit, and Pilates Style Magazine. Madeline is a Mentor in the 'Passing the Torch' program created by Balanced Body and coaches the most advanced teachers, raising the education and quality of teaching in the Pilates industry. She has also given workshops in Australia, China, Germany, Italy, Ireland, Japan, Mexico, Spain and through out the US. She is PMA, ACE and ACSM certified, and Hendrickson Method certified.

Madeline draws inspiration from a vast knowledge of anatomy, biomechanics, quantum physics, and energy work, which has lead to an innovative, interdisciplinary approach to Pilates, yoga, and Gyrotonic®. What sets Madeline's teaching apart is her emphasis on clear instruction. From her lecture demos, to her hands-on work, to her educational and supplemental materials, participants leave her workshops immediately able to integrate her ideas and concepts into sessions with their own clients. Her accessibility, articulateness, commitment to Pilates, and decades of experience, makes her a beloved and sought-after instructor.

Madeline has studied Pilates under many of the modern masters of our time, including Eve Gentry, Romana Kryzanowska, Naja Cori, Jean Claude West and Anna Schmitz. Additionally, she worked and mentored with Marika Molnar at Eastside Sports Medicine Center in New York, studied anatomy and neuromuscular re-education with Irene Dowd, Gyrotonic® with Juliu Horvath, orthopedic massage with Tom Hendrickson, Integrative Manual Therapy with Sharon Weilsfish-Giammatteo, and Lauren Berry technique with Lynda Caesara. She is also exploring the field of energy work. A resident of Sonoma, California, Madeline's home studio is Studio M.

To book, go to [www.pilatesumbrella.co.uk/workshops.html](http://www.pilatesumbrella.co.uk/workshops.html). Register and pay with PayPal!  
*NOTE: Your place is only confirmed when we receive your payment; we cannot hold unpaid places.*

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