



Madeline Black

Sole to Spine Perspective Course

An in depth exploration of the relationship of the foot with structures of the pelvis and spine

LONDON:

Saturday & Sunday, 24 & 25 March 2012; 10am – 5pm daily

Early booking price: £250.00 for Sat & Sun, £125.00 single day through 10 February 2012

Regular booking price: £275.00 for Sat & Sun, £137.50 single day starting 11 February 2012

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

Capacity: 20 participants. A manual for each day is provided.



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.

See next page for workshop descriptions.

To book, go to www.pilatesumbrella.co.uk/workshops.html. Register and pay with PayPal!

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Pilates Umbrella is proud to present for the first time in the UK, 'Sole to Spine Perspectives', a two-day course developed by Madeline Black. 'Sole to Spine Perspectives' is a new format of Madeline's most popular course, providing a full two-day experience with each day organized as a stand alone one-day workshop. Participants can attend either day, or both days, and receive a complete learning experience.

Have you ever wondered how feet influence the core? Discover how to correct misaligned feet and achieve better overall movement function for your clients. Help those with foot issues unlock reciprocal movement dysfunction in the spine and pelvis (and vice versa) through standing, walking and non-weight bearing choreography. This two-day workshop will explore the anatomy and function of the feet up through the pelvic-lumbar junction.



Day 1

Saturday 24 March 2012. 10am – 5pm

Manual included

“Feet Form the Foundation”

Learn the anatomy of the foot and ankle and their affect on the joints above through the lumbo-pelvic junction

- Explore weight bearing and non weight bearing of the feet, and the impact on the work of the whole leg, pelvis and spine
- Learn techniques to release and strengthen the feet using simple tools
- Discover the Pilates repertoire on the mat, reformer, cadillac and wunda chair that train the connection of the foot into the hip
- Investigate knee mechanics and how to cue the lower chain on the reformer
- Examine fibula function and correction
- Explore gait mechanics at the foot level

Day 2

Sunday 25 March 2012. 10am – 5pm

Manual included

“Structures of the Lumbo-Pelvic and Hip joints”

- Discover the relationship of the feet to the core
- Practice assessment skills of the lower quadrant
- Learn to balance the hip joints with femoral glide techniques
- Understand the misalignment issues of the pelvis and its effect on the hip joint and lumbar spine
- Discuss gait mechanics from the feet up to the spine
- Explore sacral motion in gait, limitations and excessive joint movement issues and correcting them through the feet
- Learn Pilates movements that re -set the body into optimal movement

Don't miss this chance to work with Madeline Black on her first UK visit.

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