



## Michele Larsson Joint Release: The Ball and Socket Joints

### LONDON:

Saturday & Sunday, 23 & 24 November 2013; 10am – 5pm daily

Price: £250.00 for Sat & Sun, £125.00 single day

Venue: Alan Herdman Pilates, The Victory Services Club, 63-70 Seymour Street, London W2 2HF

PMA CECs = 6 per day



**Michele Larsson**, founder of Core Dynamics Pilates in Santa Fe, has over 40 years of experience teaching fitness, movement, dance and post-rehabilitation. A popular and revered teacher of the Pilates Method and the Eve Gentry technique, she is a former dancer and choreographer who trained at the Juilliard School of Music in New York City, and received a B.A. in Holistic Health and Dance Theater from Antioch College in 1981.

Michele was a protégé of first generation Pilates teacher Eve Gentry; she is the most prominent representative of the Gentry teaching lineage. Gentry trained Larsson in Pilates during a traditional apprenticeship in Santa Fe, New Mexico.

Larsson then worked with Eve Gentry for nine years prior to the founding of the Institute for the Pilates Method in June 1991 where she served as the Director of Training. Michele established Core Dynamics Inc. in 1996, a teacher training organization and Pilates studio in Santa Fe, New Mexico.

In addition to foundational teacher training, Michele offers continuing education and advanced workshops around the globe. Further to her extended work with Eve Gentry, over the years Michele also studied with other first generation Pilates master teachers including Carola Trier, Bruce King, Kathleen Stanford-Grant and Ron Fletcher. She continues to travel internationally providing workshops and seminars on special topics, traditional Pilates and the Eve Gentry technique. Michele maintains a diverse local clientele at the Santa Fe studio teaching athletes, post injury/special needs individuals and other Pilates teachers.

Michele presents workshops annually at the Pilates Method Alliance Annual Meeting, where she is one of the most popular presenters.

The documentary film *Eve Gentry; The Power of Pilates* co-produced by Michele Larsson and Marion Kessel (Director; arts alive! productions), is available from the Pilates Method Alliance website:

<http://www.pilatesmethodalliance.org/i4a/ams/amsstore/itemview.cfm?ID=94>

See next page for workshop descriptions.

To book, go to [www.pilatesumbrella.co.uk/workshops.html](http://www.pilatesumbrella.co.uk/workshops.html). Register and pay with PayPal!

## Michele Larsson Workshops

### Joint Release: The Ball and Socket Joints

This weekend will explore and analyze the ball and socket joints (shoulder and hip joints), and how they are used in Pilates and in everyday movement. We will also address the elbow/wrist and knee/ankle as these play a very significant role in the alignment, strength and mobility of the shoulder and hip.

We will examine a range of problems that arise with these joints and ways to address them using Pilates in order to regain strength and mobility.

#### Day 1: Focus on the Shoulder Joints

Saturday 23 November 2013, 10am – 5pm

**Capacity:** 30 participants

Workshop notes included

PMA CECs = 6

We will discuss the shoulder joint and its function.

In four-legged animals the scapula resides on the side of the ribs, and the forelimb is used for weight bearing and locomotion. As we evolved into upright creatures we began to use our forelimbs as arms and for swinging through trees. Therefore the scapula has migrated to the dorsal (back) side of the trunk to allow for better mobility. We will discuss what this means for gesture and weight bearing.

Through movement, partnering sessions, and lecture, the workshop will focus on:

- The principles of shoulder movement
- The muscles of the shoulder joint
- The arm muscles and the relationship to shoulder movement
- Shoulder problems (rotator cuff tears, frozen shoulder; etc.)
- Corrective exercises for the shoulder using the Pilates equipment as well as the theraband, balls, straps, etc.
- How to modify Pilates exercises for shoulder problems

***Don't miss this chance to work with Michele Larsson on her first Pilates Umbrella engagement!***

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.*



#### Day 2: Focus on the Hip Joints

Sunday 24 November 2013, 10am – 5pm

**Capacity:** 30 participants

Workshop notes included

PMA CECs = 6

We will discuss the hip joint and its supporting structures.

Hip stability needs strong muscles, ligaments, a good hip socket, good leg alignment, a level pelvis and strong flexible feet. Imbalance between these muscles can cause hip discomfort. We need to restore normal length in the shortened muscles (often the iliopsoas, piriformis, deep lateral rotators and/or hamstrings) and strengthen the weak muscles (often the gluteals, tensor fascia lata and the iliopsoas). We need to align the feet and knees so that the hips can function properly.

What can we do if any one of those conditions cannot be met? We will learn exercises to help restore the strength and balance of the feet and legs to support the hip socket as well as specific exercises for the hip.

Through movement and lecture, in this workshop participants will:

- Discuss muscles of the hip
- Understand leg alignment in relation to hip joint
- Analyze restrictions due to Injuries and repair
- Learn exercises to mobilize and strengthen the hip
- Learn exercises to strengthen the legs and feet