

## Re-Balancing: Asymmetrical Dynamic Posture

### Course Description

This advanced lecture and lab course is designed to help Pilates instructors, physical therapists, and other rehab & movement professionals address dominant asymmetrical neuromuscular postural patterns that can lead to faulty movement, pathomechanics, and pain. Re-balance core principles will be introduced with intense focus on addressing triplanar asymmetry and how to effectively impact dynamic functional movement. Lab activities will allow participants to practice pelvis & thorax alignment & functional movement assessments, corrective techniques and exercise progressions in the Pilates and rehab environment.

### Objectives

- 1) Recognize and assess human asymmetrical postural and movement patterns that can contribute to faulty movement, pathomechanics and pain.
- 2) Learn & practice re-balance corrective techniques to restore optimal neuromuscular alignment & posture.
- 3) Utilize pelvis and thorax alignment & movement assessments to guide integrated triplanar sequencing.
- 4) Describe how to re-organize body movements by proper utilization of reference centers, grounding, proprioception and cuing to inhibit overactive muscle chains.
- 5) Apply & integrate re-balancing and triplanar concepts to Pilates techniques on the reformer and mat.

### Schedule

8:00 - 9:30	Introduction and the rebalance core principles
9:30 - 10:00	Lab: triplanar basics
10:00 - 10:15	<b>Break</b>
10:15 - 11:00	Asymmetrical human being and postural patterns
11:00 - 12:00	Lab: assessments
12:00 - 1:00	<b>Lunch</b>
1:00 - 1:30	Rebalancing Posture Sequence
1:30 - 2:30	Corrective reformer lab: supine and sidelying
2:30 - 3:00	Proprioception and cuing
3:00 - 3:15	<b>Break</b>
3:15 - 4:15	Corrective reformer lab: quadruped, standing
4:15 - 5:00	Corrective mat lab
5:00 - 5:30	Concluding remarks