

Re-Balancing: Breath

Course Description

This advanced lecture and lab course is designed to help Pilates instructors, physical therapists, and other rehab & movement professionals address dominant asymmetrical breathing and neuromuscular postural patterns that can lead to faulty movement, pathomechanics, and pain. Re-balance core principles will be introduced with intense focus on zone of apposition (ZOA) breathing and how it relates to neuromuscular core control. Lab activities will allow participants to practice breathing & rib cage assessments, corrective techniques and guide exercise selection in the Pilates and rehab environment.

Objectives

- 1) Recognize and assess human asymmetrical breathing and movement patterns that can contribute to faulty movement, pathomechanics and pain.
- 2) Identify the significance of zone of apposition (ZOA) and its importance in postural patterns and respiratory function.
- 3) Deepen understanding of dysfunctional breathing patterns commonly used with core abdominal training and learn how to prevent the misuse of abdominals.
- 4) Learn to facilitate “abdominal muscle buddies” like the hamstrings, triceps, and serratus anterior to improve diaphragm function and core control.
- 5) Apply & integrate ZOA breathing 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: zone of apposition basics and abdominal buddies
10:00 – 10:15	Break
10:15 – 11:00	Asymmetrical pattern breathing
11:00 – 12:00	Lab: breathing and rib cage assessments
12:00 – 1:00	Lunch
1:00 – 1:30	Re-balancing Breath Sequence
1:30 – 2:30	Corrective reformer lab: supine, seated
2:30 – 3:00	Proprioception and Cuing
3:00 – 3:15	Break
3:15 – 4:15	Corrective reformer lab: quadruped, standing
4:15 – 5:00	Corrective breathing mat lab
5:00 – 5:30	Concluding remarks