

Introduction to Re-Balancing Asymmetry

Course Description:

This intro 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 asymmetrical posture and how it relates to neuromuscular core control. Lab activities will allow participants to practice breathing & rib cage assessments, pelvic and functional movement assessments and techniques.

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. Utilize pelvis and thorax alignment & movement assessments to restore optimal neuromuscular alignment & posture
6. Learn & practice re-balance corrective techniques to guide integrated tri- planar sequencing.

Schedule:

8:00 AM – 8:30 AM	The Re-Balance Approach & Principles
8:30 AM - 9:15 AM	Restore Breath/ZOA
9:15 AM - 10:00 AM	Respect Asymmetry
10:00 AM - 10:15	BREAK
10:15 AM - 11:00	Breath/Thorax Assessments (lab)
11:00 AM - 12:00 PM	Breath Sequencing/Abdominal Buddies (lab)
12:00 PM - 1:00 PM	LUNCH
1:00 PM – 1:45 PM	Asymmetrical Posture Patterns
1:45 PM – 2:30 PM	Pelvis/Posture Assessments
2:30 PM – 2:45 PM	BREAK
2:45 PM – 3:30 PM	Asymmetrical Posture Sequencing (lab)
3:30 PM - 4:30 PM	Integration of Breath and Posture/ Quadruped sequencing
4:30 PM - 5:00 PM	How to Start Integrating PRI into Pilates with Clients
5:00 PM– 5:30 PM	Concluding Remarks