

ANATOMY CAMP



Summer Session
At Sanchez Street Studios

Anatomy/Kinesiology

Focusing on Spine, Hip, Knee and Shoulder

Sept. 24-25, 2-6 pm,
with Bethany Clemen

Pilates Instructor, Dancer, Anatomy Instructor
and Advanced Practitioner of Hendrickson
Method

Easily integrate anatomical and kinesiological concepts into your movement and teaching! In this course we will build crucial muscle systems and bones out of clay and develop comfort using the language of anatomy. We will also study joint mechanics through movement and use structural concepts to find dynamic balance in the body.

Recommended Reading before workshop:

Anatomy of Movement
by Blandine Calais-Germain

Pelvic Power
by Erik Franklin

\$325

Register at:
(415) 648-4911 or
www.sanchezstreetstudios.com

Location of workshop is:
1589 Sanchez St.,
San Francisco

Pelvic Floor

Sept. 25, 12-2 pm,
with Susan Himes-Powers

Pilates Instructor and Teacher of the Franklin
Method

Demystify, explore and embody the anatomy of the dynamic pelvic floor with Susan Himes-Powers. We will discuss and experience how the pelvic floor directly relates to the health of your internal organs, the movement of your spine, and its participation in breathing.

This is a great refresher course for Pilates Instructors, Yoga Teachers, Personal Trainers, Bodyworkers, and any type of Movement Teacher. It is also a vital workshop for anyone considering entering a Teacher Training Program.