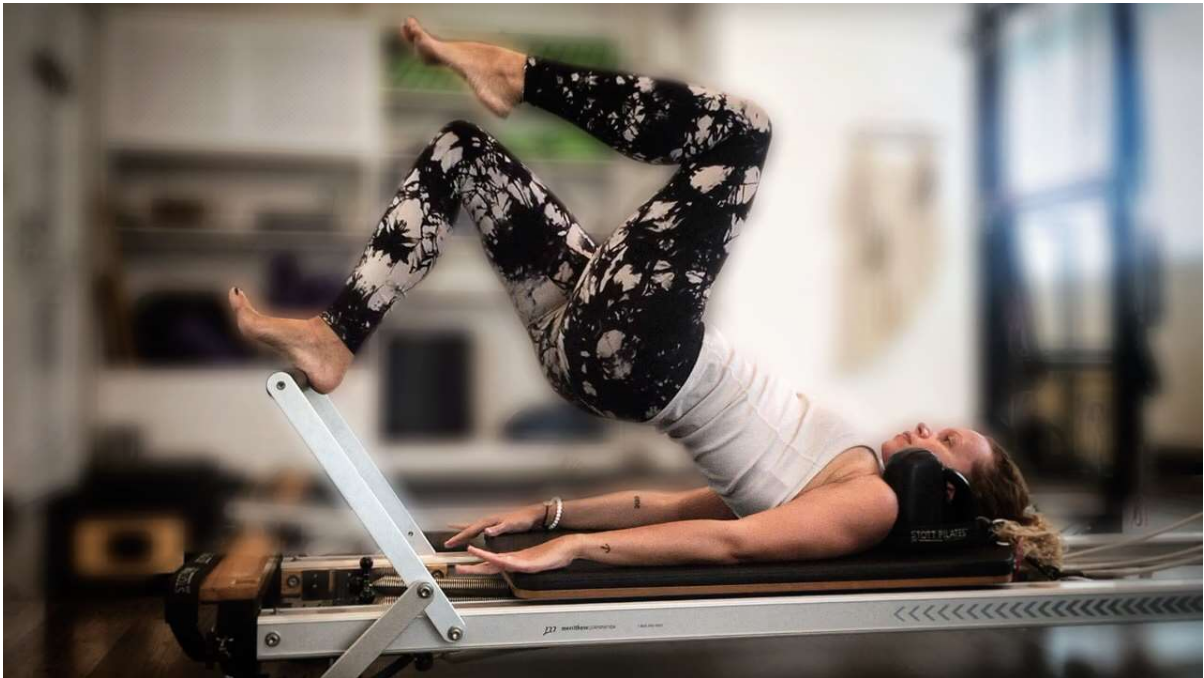


PILATES POP UP WITH ANGELA



When we use our muscles as connected units, along the fascial 'lines' movement becomes effortless. Through conscious relaxation we allow the body to use the appropriate force and the muscles necessary to execute an exercise, avoiding unwanted movement or the engagement of muscles that dominate in our movement pattern.

The posterior chain or backside of the body includes the mid back muscles, triceps and latissimus in the upper body, hamstrings and glutes in the lower. These muscles will be our focus through several reformer and mat exercises - know how to recognize if your muscles are 'switched on,' how to encourage their activation through joint alignment and how to recruit entire chains instead of isolating movement and utilizing pre-contraction. If you want to take your Pilates practice to the next level of body awareness, this workshop is for you!

FRIDAY 5 OCTOBER 10.30AM-12PM

SPREAD YOUR WINGS

Posterior Chain Connection in the Upper Body

AED 165 including juice

FRIDAY 12 OCTOBER 10.30AM-12PM

WHERE ARE MY HAMMIES

Posterior Chain Connection in the Lower Body

AED 165 including juice

ABOUT ANGELA MÜLLER-HABIG

Angela is a Stott Trained Pilates Instructor and yoga teacher at Bodytree Studio with more than 3,000 hours of teaching experience across Germany, Brazil and the UAE. Over the past three years Angela has deepened her understanding of fascial restoration and awareness in movement and completed Part 1 and 2 of Karin Locher's Neurofascial Bridge Course which is affiliated with Anatomy Trains.

Book your you place today!

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