

Neck Integration for Pilates Teachers with Carol LeMaitre



Sunday, Aug. 23

1pm - 4pm

at Sanchez Street Studios

**1589 Sanchez St.
SF, CA 94131**

Fee: \$150

Discover how a strong, mobile, and well-integrated neck enhances your Pilates practice and teaching in this 3-hour workshop designed for Pilates teachers and trainees. We'll explore the neck through three key perspectives—bones, muscles, and fascial lines—to better understand its relationship to the core and whole-body movement.

You'll learn practical exercises to strengthen the deep neck flexors and extensors, improve flexibility, and develop healthy neck mechanics. We'll also apply these concepts to the fundamental movement skills of Pilates, helping you move and teach with greater efficiency, stability, and ease. We will then look at the more advanced exercises and how neck integration makes them infinitely more accessible.

You'll gain:

- A deeper understanding of neck anatomy and function
- Simple exercises to build strength and mobility
- Strategies for maintaining healthy neck engagement throughout Pilates practice
- Tools to help yourself and your clients move with greater integration and confidence

Space is limited..

3 NPCP CECs available to attendees.

Carol LeMaitre is the founder and director of Sanchez Street Studios, a thriving Pilates studio in San Francisco since 1995. She completed The Pilates Center of Boulder Master's Program, Cara Reeser's Heritage Training, and is an advanced level MELT Method instructor.



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Questions? Email us at
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