

The Neck, a User's Manual with Carol LeMaitre



A 90-Minute Workshop at MoBu for All Levels



Sunday, Oct 4th
11 AM-12:30 PM

MOBU Dance Studio
1747 Church St. @Day
SF, CA 94131

Fee: \$50

Discover how a strong, mobile, and well-integrated neck enhances your Pilates practice—and joy of living. In this 90-minute workshop, 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, and improve mobility and balance. We'll also apply these concepts to the fundamental movement skills of Pilates, helping you move with greater efficiency, stability, and ease.

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 your Pilates practice
- Tools to help you move with greater integration and confidence

Space is limited.

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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