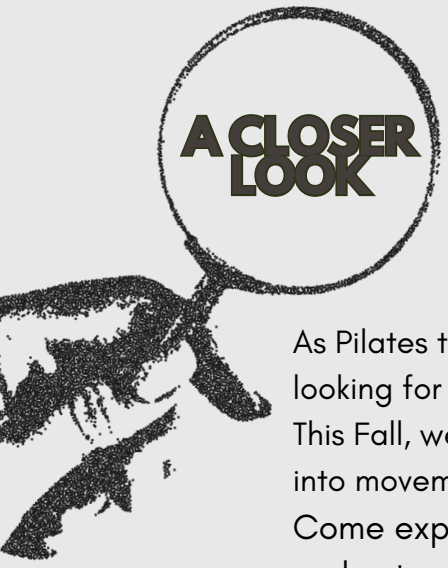


movement lab

take your teaching beyond the exercises.

As Pilates teachers, we're continually observing movement, making connections and looking for the cue or setup that helps something click.
This Fall, we're taking a closer look at three areas of the body that can offer new insight into movement, observation, cueing and classical Pilates.
Come explore the anatomy behind the movement and consider how a deeper understanding can inform the way you teach.



Fall Workshop Series

OCTOBER 4TH — the quiet influencer — levator scapulae

That nagging neck or shoulder tension may have more to do with your movement than you think. The levator scapulae plays an important role in the relationship between the neck and shoulder blade, influencing both mobility and stability.
We'll take a closer look at this often-overlooked muscle and explore how understanding it can change the way you move and finally release tension in this stress-filled area.



NOVEMBER 8TH — the real power players — glutes

The abs may get the title, but the glutes are powerhouses.
Explore this multi-layered muscle group and its many roles in the strength and mobility of the hips and thighs. Along the way, we'll challenge some of the common misconceptions about what the glutes actually do—and how they contribute to everyday movement.



DECEMBER 6TH — the forgotten front — anterior shins

We don't often think much about the front of the shin, but these muscles play an important role in how the knee, ankle, and foot work together. Explore the anatomy and basic body mechanics of this often-overlooked area, and better understand how a disconnect here can affect lower-body movement, stability, and overall function.

DETAILS

all sessions run from **10 AM-1 PM**

- $150 per workshop*
- $375 for the full series (save $75)*
- Recordings provided (30 days per single, or 3 months for taking the full series)

Each workshop stands alone—or follow the full series for a broader exploration.

Register by email, text or calling Veronica!.

THE SURREY PILATES STUDIO since 1998

*credit card payment (9%+)

For Pilates teachers who like to look a little closer, question what they see, and keep learning.

The Surrey Pilates Studio Inc. **604.880.9005** surreypilates.com