

FUNCTIONAL MOVEMENT LAB

A Monthly Journey with Ryan

Explore anatomy not as information to memorize, but connecting it directly to Pilates principles, cueing, and setup.

1 Pes Anserine: The Medial Knee Story

• March 7th • Saturday • *Understanding how to balance support & strengthening around the knee*

2 Spirals of Support: The Obliques

• April 12th • Sunday • *Exploring rotation, stability, and trunk support*

3 Serratus System: Balancing Movement

• May 9th • Saturday • *Connecting arms, ribs, and trunk for smooth, efficient movement*

4 Scapular Intelligence: Trapezius in Practice

• June 7th • Sunday • *Supporting ease and efficiency in shoulder movement*

You're welcome to attend one workshop or book the FULL series to receive bonuses and to deepen your relationship with Pilates.

Registration Details

- **\$150 per workshop***
- **\$500 for the full series (save \$100)***
- **Recordings provided**

(view for 30 days per single, or the FULL Series receives 3 months viewing)

*Credit cards are accepted for a small additional fee.

All sessions run from 1-4 PM

Brought to you by The Surrey Pilates Studio.

Contact [Veronica](#) to book your spot!

