

HONORING INDIVIDUAL ANATOMICAL STRUCTURE WITH INDIVIDUALIZED ADAPTIVE TRAINING

It is easy to think that there is "one ideal structure" and that any deviations from that are aberrations or distortions. Nothing could be farther from the reality. There are enormous variations in skeletal structure within the human race, each and all of which have their special advantages. In this series of 2 workshops, we will consider areas of the body that vary considerably between people.

Workshop ONE on October 22: the hip joints and pelvis and lumbar spine

Workshop TWO on November 12: the feet and ankles

In each workshop, we will review those variations associated with a body part, consider the functional advantages of each of those variations, and explore how to adapt the training and usage protocols for each person's structure toward their chosen activities.

Dates: October 22 and November 12, 2022

Times: Saturday, 2:00 - 4:00 p.m. ET

Fee: \$120 for entire workshop series (i.e. both parts), pre-registration and payment for entire workshop series is essential to receive this discount fee. If you decide to take only ONE workshop in the series, or decide to pay over time, the fee for each workshop is \$75. Ideally, you would take both parts of the workshop in order to receive fullest benefits and comprehension of this topic.

Pre-registration is required in order to be allowed onto Zoom site of workshop

Payment must be made to: "Stephen Williams" by check or PayPal or Venmo. If making payment by mail, send to: Stephen Williams at Noho Pilates @ 611 Broadway, Suite 608, NYC 10012

For more information: e-mail Stephen Williams at nohostudio@yahoo.com

NOTE: Zoom class will be available to participants for viewing for 7 days after workshop