

**CHERYL MONTELLE**

**presents**

**Asymmetrical Exercises for Asymmetrical Bodies**

**Two Remaining One Day Workshop Intensives**

**With Master Pilates Teacher Jillian Hessel**



*Click picture to find out more about Jillian on her website*

**Earn 12 PMA CEC's. Absorb information easily over the course of 2 remaining individual workshops (or 6 PMA CEC's for each session)**

Millions of adults are living with scoliosis, or other types of muscular asymmetries as a result of injury, poor posture, or repetitive movement. Most likely you've encountered many clients with these conditions. Deepen your understanding of asymmetries, while learning innovative remedial and modified Pilates exercises for the Mat, Reformer, Wunda Chair, and Cadillac. Living with scoliosis herself, Jillian's intimate knowledge of, and experience with these modifications is unsurpassed.



**Workshop #2 July 24, 2016**

This workshop starts with a 1½-hour Mat Class that serves as an active review of the Fundamentals covered in Workshop #1. This provides all participants an opportunity to warm up, move, and integrate the corrective exercises into their own bodies. We will then focus on modified Cadillac exercises designed specifically for clients with postural and muscular imbalances and/or scoliosis. We will delve more deeply into mental imagery, focused breathing, and hands on partnering techniques necessary to help clients absorb and internalize the corrective adjustments, as well as demonstrating the use of props and wedging to correct uneven postural anomalies.

**Workshop #3 September 18, 2016**

Once again we begin our day with a 1½-hour Mat Class that serves as an active review. This workshop focuses on exercises performed on the Wunda Chair, Ladder, and Step Barrels that have been modified specifically for clients with postural and muscular imbalances and/or scoliosis. We will explore the advantages working with and against the pull of gravity on the curved surface of the barrels. Continue to hone your teacher's eye and discuss how to design and sequence a full workout for this special population.

**12 PMA CEC's for both remaining 2 workshops**

**(6 PMA CEC's for each one)**

**Price for Each Individual Workshop: \$260**

**Early Bird Special For Second Workshop: \$235**

**(good through July 10, 2016)**

**Package Price For Remaining Two: \$460**

**Held at Pilates By The Park**

**1512 North Gardner, West Hollywood, CA 90046**

**Time: 10 am - 5 pm**

**For more information or to book one or more workshops**

**📧 [cherylmontelle@me.com](mailto:cherylmontelle@me.com) or call 323-791-2986**

**[cherylmontelle.com](http://cherylmontelle.com)**