



PEAK PILATES® BARRE NONE WITH PROPS

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OVERVIEW

Gain new skills to increase support, resistance and proprioceptive feedback and help your Barre None students understand and get more out of their workout. Learn to develop a thought-process that will help you to decide why to choose which prop, how to use them to full advantage and how to work with flow.

OBJECTIVES

Participants will be able to list three benefits to use props, explain how and why to use each prop included in the workshop, understand how to sequence exercise progressions for multi-level teaching, and be able to demonstrate how to work with props while maintaining flow.

SUMMARY

Props produce kinesthetic awareness and can improve alignment and movement quality. Props have an effect on the dynamics of movement and rhythm as energy is transmitted through the body—they help perfect movement!

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**