



ALIGN YOUR SPINE

WITH

PEAK PILATES® BARRE NONE

Presented by Jessica Schultz, MST
jessica@jessicaschultzpilates.com

OVERVIEW

Learn how to effectively align your spine and get the most out of your Barre None Workout.

OBJECTIVES

Participants will be able to describe how to align their spine using the Alignment Tools of Centerline and Box to properly set up and execute 10 Ballet Positions and combinations lying supine, prone, and on the side.

SUMMARY

How you organize your body in space is important because how you load your body informs what muscles you work. Keeping the Alignment Tools of Centerline and Box in mind will not only help tone the parts of the body you want to work, but they will also keep the workout safe and effective for your classes.

**Please remember to submit a session evaluation.
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