

Vero Pilates

**3 Days Workshop with
Jay Grimes and Pamela Pardi,
Anatomy with M.D. Lorenzo Mosca**

Friday, 4th June, 2010	Jay Grimes	14.00 pm - 17.30 pm
a) The Core of the Method: The original Mat Workout as was taught by Joe himself		
b) Use of the system and specific apparatuses to help clients w/special needs 1 st part		
Saturday, 5th June, 2010	Jay Grimes	09.00 am - 12.00 pm
a) Mat Workout		
b) Cadillac and the Standing Arms springs Workout		
c) Use of the system and specific apparatuses to help clients w/special needs 2 nd part		
<u>12.00 pm - 13.00 pm</u> Lunch Break		
Anatomy	Lorenzo Mosca	13.00 pm - 15.30 pm
a) Functional anatomy applied to Pilates exercises		
b) How to preserve an healthy body following a biomechanically correct practice to prevent injuries in the neck and shoulders area		
Sunday, 6th June, 2010	Pamela Pardi	09.00 am - 12.30 pm
a) Mat Workout		
b) Personalized workout on the Wunda Chair: How to safely adapt the Wunda exercises to different body types		
b) The use of archival exercises on Wunda chair to target specific area of the body in advance people		