Karen Sanzo PT

Combining her Physical Therapy expertise and her in-depth knowledge of the Pilates repertoire, Karen is able to focus on the essential relationship and inter-dependency of body and mind and how it affects one's complete health picture. In a clear and deliberate manner, she guides her students and clients toward a new awareness of the complex mechanics of their own bodies. Certifications include Glenn Studio, The Professional Health and Fitness Institute, and The Pilates Center of Austin's CoreConnections ®. Continuing education classes have been with Michelle Larsen, Ron Fletcher, Paul Gordon, Karen Prechtel, Susan Moran-Perich, Michael Miller, and Gary Calderone along with numerous workshops on cadaver dissection, motor planning and biomechanics.

COURSE DESCRIPTION: Pilates provides an effective framework for teaching core stability to clients at any level. Learn the essential Pilates principles and exercises for core stability in this in depth workshop with experienced instructor and physical therapist, Karen Sanzo. Learn it today and teach it tomorrow with these highly effective exercises.

COURSE OBJECTIVES:
- Discuss current research as it relates to core activation and control.
- Learn, experience and teach the required fundamentals for optimal core activation.
- Identify faulty postural patterning that can limit exercise.
- Experience and practice fundamentals of movement essential for effective Pilates programming
- Identify beginner to intermediate level Pilates exercises.

COURSE OUTLINE:
Review/Introduce key connections for core stability/mobility
- List the key connections for optimal core activation
- Importance of posture in stability and mobility
- Core stability research and review
- Describe, anatomically, the 3-dimensional boundaries of the core 1 hour

Postural patterning and length/tension challenges
- Ideal, swayback, flat back, kyphosis, lordosis, functional scoliosis
- Length/tension changes with each pattern
- Muscle properties 1 hour
Facilitating fundamental movements through optimal positioning using props as needed
  - Props for facilitation, setting the body up for success
  - Props for challenging, moving forward after the basics
  - Separating movement
  - Combining movement for optimal Pilates programming. 1 hour

BIBLIOGRAPHY: