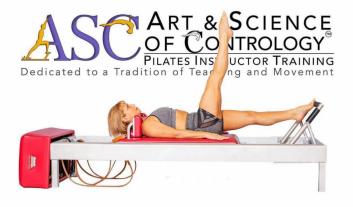## Click HERE to reserve your spot!

Anatomy & Physiology Course for Pilates, with Joe Muscolino

October 23rd-25th at The Art of Control Pilates Studio, Stamford CT

Anatomy & Physiology Course for Pilates, with Joseph Muscolino

Learn the fundamental anatomy and physiology (kinesiology) of the musculoskeletal system by studying the bones, joints, and major muscles of the body, as well as concepts of stabilizing, and how the nervous system coordinates muscle function.

Study postural concepts, as well as concepts of dynamic movement patterns to understand how the body moves spatially. By learning and understanding fundamental kinesiology, you can begin to critically understand, discuss, and teach the strengthening and stretching exercises of the Pilates Method of body conditioning.

Note: the final three hours of this course will be a kinesthetic practical class with the exercises performed, explored and discussed, applying the concepts of the course. (So please dress with Pilates attire if you are attending in-person on Sunday.) For the Certificate of Achievement, there is a written exam that can be taken online (at a later later). The exam takes approximately 30-60 minutes to complete.

Dates:
Friday, Oct. 23rd from 6-9pm
Saturday, Oct 24th and Sunday, Oct 25th from 10am-5pm
(Lunch break on Saturday and Sunday from 1-2pm)

This class can be attended in person or taken on Zoom.
Cost: $250 (the usual cost for this class is $450). Those who have taken this course in the past are welcome to attend for free.

This course satisfies the Anatomy class requirement for the ASCPIT Training program.

Reserve your spot by clicking here!

Dr. Joe Muscolino is a global lecturer and author, and has been a manual therapy educator for more than 30 years. His ability to apply anatomy to manual and movement therapy is exceptional. He is the author of numerous publications on kinesiology, palpation assessment, body

mechanics, and manual and movement therapy techniques.

Read more about Joe **here...**