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~~the Month | STOTT PILATES®: Cat Hinge on the Reformer~~ How to do a Posture Assessment **Fix Forward Head Posture** *Biomechanics of Posture - Kinesiology - Physiotherapy - GPC* How to Evaluate Your Posture as Viewed from the Side Massage Therapy- Postural Assessment- Daiana Branco

Pilates for Beginners - STOTT Pilates 5 Basic Principles ~~Free Posture Check with the Spinal Analysis Machine (S.A.M.) in action!~~ Postural analysis

Static Posture Assessment *Static Postural Assessments Return to Center Posture Assessment How to Do Postural Assessment - Rear* STOTT PILATES® ~~| Cueing tips for Saw~~ *Frontal Plane Postural Assessment Pilates Postural Analysis with Lolita San Miguel Posture Assessment - Anterior View* Postural Analysis Lateral Merrithew Postural Analysis Guide This hands-on workshop, developed by the Merrithew™ team, outlines the importance of postural analysis in programming STOTT PILATES® workouts. Discuss the differences between static and dynamic posture and consider how each affects exercise choices and modifications necessary. Review postural theory relating to the effect of certain postures on muscle length and strength and actively practice postural analysis.

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STOTT PILATES® instructor training workshops and continuing education for teaching skills, exam preparation, anatomy and postural analysis

STOTT PILATES: Lecture / Demo Series Workshops | Merrithew™

This hands-on workshop, developed by the Merrithew™ team, outlines the importance of postural analysis in programming STOTT PILATES® workouts. Review ideal posture as well as specific deviations found in flat back, sway back and kyphosis-lordosis posture types.

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