

The Austin Pilates Barn

"You are Only as Young as Your Spine" - Joseph H Pilates

MYOFASCIA AND PILATES: A REVELATION IN MOVEMENT WORKSHOP

September 29th, 12:30-6:30

Instructor: Laura Hampton

Joe always said he was 50 years ahead of his time, and here is yet more confirmation that he was right. Contrology beautifully works with the newly discovered fascial system to correct movement, reprogram the body, create space and facilitate load distribution. In this course, you will learn what fascia is and its properties, why it is important to Pilates teachers, and then look at some Pilates exercises through the fascial lens.

Cost \$210.00

1300 Northwood Road, Austin TX 78703

6 PMA and Peak Pilates CEC available

austinpilatesbarn@gmail.com

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TOPICS

WHAT IS FASCIA

FASCIA AND MOVEMENT

- TRAINING "INSPANSION" AND PATTERNS OF LOAD DISTRIBUTION
- TRAINING ELASTICITY
- THE PILATES/FASCIA CONNECTION
- LOOKING AT THE WORK THROUGH THE MYOFASCIAL LENSE



Laura Hampton

Laura Phillips Hampton, Director of Pilates at River Oaks Country Club, is passionate about Pilates and the way it changes people's bodies. Comprehensively certified through Peak Pilates, she brings a diverse teaching experience to her clients. Laura is a mentor and teacher trainer for Peak Pilates, and founding president of the Pilates Houston Association. She focuses on fitness for people at all levels, posture improvement, core strength, and flexibility. Laura has trained high school, collegiate and professional athletes. Laura is PMA certified and on faculty for the DMI Pilates Master's Program. Laura is a continuing education provider for Peak Pilates and the PMA, and is available for CE courses. Laura has most recently studied with Karin Locher at CPM in fascial studies.