



# Prenatal & Postpartum Pilates

presented by: Core Conditioning

May 15-16, 2010 Saturday 11a-7p; Sunday 9a-4p



## Course Description

**Course Fee:  
\$450**

Register no later  
than April 30,  
2010!



This course is designed for Pilates instructors and Healthcare practitioners. Participants will learn to identify typical as well as atypical postural changes, muscular imbalances, and physiological changes consistent with the pregnant body and design client specific programs addressing these issues. Current ACOG (American College of Obstetrics and Gynecology) guidelines for exercise during pregnancy are reviewed. On the second day, the course will cover the important anatomical and physiological changes, which continue following labor and delivery and how Pilates can assist with restoring the core during the body's recovery. Deepen your understanding of the postpartum body, how to isolate and retrain the pelvic floor, deep abdominals, and how to help clients re-connect to their core

- Participants will learn to identify typical as well as atypical postural changes, muscular imbalances, and physiological changes consistent with the pregnant body.
- Participants will be able to design client specific programs addressing these issues.
- Current ACOG (American College of Obstetrics and Gynecology) guidelines for exercise during pregnancy are reviewed, including precautions, indications and contra-indications.
- The participant will be able to identify imbalances in the core musculature and cueing techniques to assist with retraining for core stability and postural control.

Participants will be able to utilize a variety of home exercises and core stabilization activities to assist with managing a pregnant client.

## Gabrielle Shrier

Gabrielle Shrier graduated with a B.S. in Kinesiology from UCLA and holds a Master's degree in Physical Therapy from USC. She is PMA gold-certified in Pilates and certified in Gyrotonic®. Gabrielle has been practicing Physical Therapy since 1994 and has specialized in the areas of neurologic disorders, orthopedics and woman's health. She is an active member of the APTA. She is NDT certified and has completed a comprehensive course in the Australian approach of manual therapy. She has developed and continues to teach educational programs for health care professionals, integrating Pilates and rehabilitation, both nationally and internationally. She currently teaches a comprehensive teacher training program as a faculty member for Balanced Body University under the tutelage of Nora St. John. She has been co-owner of Core Conditioning since its inception in 2003.

## Cari Riis Stemmler



Cari Riis Stemmler is part of the teaching faculty for Core Conditioning in Studio City, CA and Balanced Body University. Transitioning from her career as a professional dancer, Cari started teaching Pilates in 1997 in Los Angeles, CA. She has been a practitioner of Ashtanga, Hatha and Anusara yoga since 1996. Cari became a Certified Fitness Trainer in 2002 and now brings together the disciplines of dance, Pilates, yoga, and functional training to cultivate a well-rounded approach to fitness and wellness. A PMA Gold certified instructor, Cari currently teaches comprehensive Pilates courses & continuing education throughout the country as a faculty member for BBU under the tutelage of Nora St. John. As well, Cari teaches continuing education courses with the fantastic women of Core Conditioning. She holds a B.A. degree in Cross-cultural Communication from the U of MN and is owner of Paragon Pilates & Physical Therapy.

Paragon Pilates & Physical Therapy ~ 7001 Cahill Rd., #27 ~ Edina, MN 55439  
Please contact Paragon to register: 952-405-9765 or [cari@paragonpilatespt.com](mailto:cari@paragonpilatespt.com)