

Pilates and the Meridians Workshop

March 2nd 2024

Did you ever ask yourself why after a Pilates class do you feel more energized than at the beginning? One of the reasons is the activation of Chi.

Chi means an intangible energy, which exists everywhere, timing or rhythm is essential to get control of Chi.

We have been searching, practicing and studying through different sources how those energy lines are interacting in our own body while performing our Pilates practice.

Shizuto Masunaga was the first to create a system to address the meridians to help everyone to achieve and maintain a state of balance mentally as well as physically.

It is necessary to learn to regulate tension in order to improve the circulation of Chi and obtain a balance in basic bodily processes. The Pilates Method integrates the principles of eastern philosophies with the rigors of western athletics. Since the Pilates Method is functional and addresses the body as a unit, the repertoire influences in all the Meridians lines directly or indirectly.

On this workshop, based on the work and book “Meridian Exercises” by Shizuto Masunaga, you will learn what are the meridians, which are their function, which exercises would you practice to activate them and how you can incorporate meridian focused movements into your Pilates sessions and classes.

Registration:

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Fee: 300chf (10:00 – 16:00)

Ana Pernas will lead the workshop.