

WESTSIDE DANCE PHYSICAL THERAPY



Westside Dance is excited to host four new movement workshops!
Read below for more information...

The following three classes are taught by Yuu Fujita

Date: Saturdays 10am to 11:30am

Price: \$40.00 per class. Cash or check to Yuu Fujita

To register: yuufufu@gmail.com

Location: Westside Dance Physical Therapy
53 Columbus Ave
Suite #402

Intro to Parasetter:

Date: January 27th, 2018

Let's learn and play with this amazing tool!!!

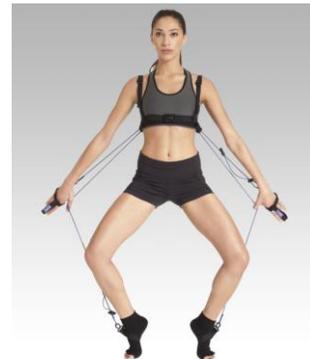
Parasetter® is a roller system that supports the body in comfortable supine, kneeling prone and standing positions. Parasetter® supports the ribs in between the shoulder blades, and most importantly, to allow the spinal column to rest inside its center channel.



Intro to Tye4

Date: April 7th, 2018

Tye4® is a sleek, wearable resistance and assistance system designed to make any exercise more challenging and effective. The Tye4® bungees add pounds of resistance to your workout so you feel and see results more quickly. Tye4® harness will help anyone find connection when doing Mat or Standing exercises. Great for rehab work, golfers, dancers, clients with osteoporosis, or anyone!



Introduction to Minis and Head floater

Date: May 5th, 2018

	<p>MINIS™ by Parasetter® are two small and lightweight Platforms (5' x 5" x 2.5"). Each one weighs only an ounce, but can support an adult body. A curved Wedge is designed to fit into the Center Channel. A series of six exercises Stretch, Strengthen, Activate and Align all the bones and muscles and tendons in the feet so that your over-worked and often pained feet will be rejuvenated. Everyone needs healthy and happy feet to support, move and balance our bodies.</p>
<p>HeadFloater is a neoprene headband designed to cure "Tech Neck" by comfortably encompassing the skull and relieving head, neck pain and stress. Internal bungee cords connect in a figure-eight cross and attach to hand straps.</p>	

Don't Be DE-FEET-ED:

Improving Foot Mechanics That Change The Core



Date: March 24, 2018

Time: 2:30-5:30 PM

Instructor: Lesley Powell .

Price: \$150

To register: movementsafoot@me.com

DON'T BE DE-FEET-ED is a workshop exploring the connections of the distal: foot and ankle mechanics to the core. We are addressing balancing the foot and ankle muscles that influences our entire alignment. Our ankles influence our foot, hip and core mechanics. When the Distal relationship is working correctly, the core immediately works deeper.

OBJECTIVES:

- Improving ankle function
- Understand how the bones of the legs and pelvis move
- What is stabilization of legs and hips: its myths and facts
- Understanding the importance of the posterior leg muscles
- Improving the coordination of legs to core during the workout
- Learn how to improve function of the legs to bring in new core connections using Pilates Repertory.
- How the improved leg relationships enhances the core posture and gait. We are especially looking at retraining the foot mechanics in relationship to posture and walking.