

WAC 160

Dynamic Alignment and Pilates Fundamentals

Instructor: Maria Gillespie

ID #359-663-200

TR 1:00-2:50pm

Kaufman 214

Emphasis on gathering anatomical information and practical exercises to understand the principles of core strength, alignment, joint function, and restorative bodywork. Students will study basic musculoskeletal anatomy, core stabilizations, and joint actions to understand anatomical efficiency and dynamic alignment. Combining Pilates mat and small apparatus exercises, stretches, skeletal study, partnered body work, and simple movement, students begin to develop a foundation to support a healthy dancing body.



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