

WAC 160, sec 1

Dynamic Alignment and Pilates Fundamentals

Instructor: Maria Gillespie
Mondays and Wednesdays, 8:00-9:50 am
Kaufman 214

ID# 359663200

This course offers emphasis on principle that alignment and joint function together are key to health for dancer. Breaks down of basic anatomy of bones and muscles, core stabilizations, joint movements, and dynamic, ever-changing alignment of them all. Combining Pilates mat and small apparatus exercises, stretches, skeletal study, partnered body work, and simple movement, students begin to develop foundation to support healthy dancing body.



SCHOOL OF THE ARTS AND ARCHITECTURE