

## Lectures Series Guest Artists

**Tracy Maxfield, Instructor Trainer STOTT PILATES, Board certified Neuromassage-** Neuromuscular Therapy is specialized massage therapy that helps to eliminate pain and restore range of motion and strength. It is a great adjunct to Pilates, making your client's workout more enjoyable and beneficial.

**Stan Brown, Physical Therapist** –will be talking about other types of body work that can be great for your clients. He will demonstrate and discuss: Primal Reflex Release technique, Pain Neuturalization trachnique, Spinal Reflex Analysis, Muscle Activatioin technique and more.

**Craig Zuckerman, Certified STOTT PILATES instructor, consultant with the LA Spine Institute** – will be giving two lectures **Digging for the Problem** will emphasis the questions to ask a client, how to evaluate their answers and how to progress with their program.

**Cross Structures of the Body**-working with the contralateral structures of the skeleton and how it affects the spinal involvement of the bosy. Learn cueing techniques and how to observe the clients movement to better the mind-body connection during assessment and exercise.