

User Friendly Pilates™ with Ernie Adams

Get stronger without getting hurt

Many well intentioned people are throwing themselves into fitness programs only to get injured, drop-out, and become even less active. This is especially true for people who are out of shape, recovering from injuries, and for the over-50 crowd. Like most things, it is how you do it that makes the difference.

Tight and weak muscles, problems with posture and balance, and chronic pain don't happen overnight. They accumulate through years of static sitting, repetitive strain, and poor movement habits. This 'deconditioning' process is not just physical, it also degrades how well our nervous system processes movement, which affects coordination, balance, walking and self-confidence.

User Friendly Pilates is a non-traditional approach to Pilates, incorporating core strength training with principles of the *Feldenkrais Method® of Movement Education*. The Feldenkrais Method® addresses the nervous system component of fitness. It enhances your ability to feel and sense how you use your body, and helps you recognize how you may be limiting your potential. This can become a stepping stone towards healthier more graceful ways of moving and staying active.

In Pilates, "core" is associated with engaging your deepest abdominal, lumbar, breathing and pelvic floor muscles. This same area is also referred to as the source of energy or power in Yoga, meditation, dance, and martial arts. Having good stability and control at the core gives you more efficiency and power. Rather than developing huge muscles, the goal is to have a leaner, more coordinated and balanced body.

User Friendly Pilates is a holistic approach that addresses both the physical and neurological components of the conditioning process. It can help you train with the proper awareness and mental focus to get stronger without getting hurt. Please see information below about classes and Individual Consultations.

About Ernie Adams

Ernie Adams is a Pilates Instructor and a Guild Certified Feldenkrais® Practitioner with an extensive background as a professional dancer. He has over 20-years' experience specializing in movement education and injury prevention and works in many different settings, including Yoga and Pilates studios, physical therapy clinics, and Kaiser Hospitals. *User Friendly Pilates* is a Mind-Body approach Ernie has developed integrating Feldenkrais®, Pilates, Yoga, and Dance. He offers individual sessions, as well as classes, and is currently teaching at Albany Community Center (Albany) and Mind Body Dojo (El Cerrito).

Private Sessions:

Discover how to safely increase strength and flexibility, improve balance and posture, walk easier, lift properly, and protect your back.

INFORMATION & APPOINTMENTS (Albany & El Cerrito):

adams@bodyinaction.com • 510-619-9223 • www.userfriendlypilates.com/private-sessions

Classes:

EL CERRITO:

- Tuesdays, 6:15-7:15pm (mixed-levels of experience)
- Fridays, 11am-12 noon (intermediate level of experience)
- Saturdays, 10:45-11:45am (mixed-levels of experience)

@ MIND BODY DOJO, 7512 Fairmount Ave., El Cerrito, CA 94530

MIND BODY DOJO is centrally located at the top of Fairmount Ave. in El Cerrito, directly across from Fat Apple's restaurant. It is a large beautiful studio, with bathrooms, changing rooms, kitchen, lounge, and free street parking.

ALBANY: Albany Community Center

- Wednesdays, 5:45-6:45pm (mixed-levels of experience)

@ ALBANY COMMUNITY CENTER, 1249 Marin Ave. (at Masonic)

INFORMATION & REGISTRATION:

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