

Rethink Spine Corrector

Re-Think the Spine Corrector with Zoey Trap, MS

I've always loved the barrels, they bring out my playful side. Over the last 25 years I have had the joy of teaching so many students and teachers on the barrel and have experimented with different applications for different body structures and needs. And I have had the pleasure of leading so many masterclasses and workshops to share choreography with teachers on the semi barrel and spine corrector.

But this year, I want to try something different: I want to help you with how to think about the spine corrector and how to maximize its potential. Do you want to explore how to use a spine corrector to help students progress their mat and reformer exercises, to discover how to get students to more deeply connect to their body, and to find new ways to add challenge to all four S's? Would you like to learn how to adapt exercises from other pieces of apparatus to the spine corrector to find even more uses for this underutilized apparatus? And do you want to learn some secrets for how to sequence exercises on the spine corrector to set students up for success? If so Rethink the Spine Corrector is for you.



You know the old saying, *'if you give a person a fish, you feed him for today; if you teach a person to fish you feed him everyday'*—that's my goal with this workshop! And yes, you'll still get a fun masterclass and earn 2 CECs.

Register now:

Friday, April 11, 2025

2:00-4:00pm EDT (New York)

<https://peaku.peakpilates.com/p/rethink-spine-corrector?instance=675cc50228f12d5ddf06c8fe>

All students will receive handouts, choreography notes and a recording of the session for 2 weeks viewing time!