



MOVEMENT, SENSES, COGNITION

FEMIA VINCIGUERRA

Pilates Conditioning Instructor (TUT)
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INTERVENTION

The classes offered by Femia at SensAbylly Pilates are based on neurological, proprioceptive and developmental principles. Femia analyses imbalances within the **myofascial system** – a system closely related to the nervous system – and applies principles of **neuroplasticity***. This helps clients recruit muscles using stabilising fibres, improve posture, balance, movement capability, strength and flexibility, and promote a sense of well being. Most of the movements are based on Pilates exercises, but movements and principles are also taken from other approaches in the fields of remediation and rehabilitation.

*NEUROPLASTICITY refers to the brain's ability to form and reorganise connections, especially in response to and to allow for learning.

EXPERIENCE

Given her academic background and 29 years of experience, Femia has a good working knowledge of anatomy, including the neural and fascial systems, and is therefore able to confidently provide a safe and effective remote service.

METHODS

The body is a self-healing organism. Femia's unique skills enable you to find your optimum tools to access your body's healing. Methods used include **verbally guiding gentle movement, paying close attention to fascial** and sensory responses, applying visualisation and principles of neuroplasticity** which fosters flexibility and control within the nervous system. The movements Femia selects are efficient in achieving this control and are body friendly.

**FASCIA is a fibrous network that encloses and penetrates muscles and organs. In its healthy state, it is elastic, viscous, strong and rich in nerve endings.

REMOTE SERVICES

Individual sessions are conducted via WhatsApp voice calls. Very rarely, a brief switch to video call may be made for clarity. **R470** per session for pain relief and movement remediation; **R500** for stress release.

Group classes are conducted via WhatsApp voice notes. **R100** per person per class.