



MOVEMENT, SENSES, COGNITION

FEMIA VINCIGUERRA

Pilates Conditioning Instructor (TUT)

M Occ Ther: Neurology (UP)

Mobile Number +27 82 786 6136

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 30+ 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. **R560** per session for pain relief and movement remediation; **R610** for stress release. **Group classes** are conducted via WhatsApp voice notes. **R110** per person per class.



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What Clients Say

Adri Kirkman

I have been a client of Femia's since 2007 and can honestly say that her care has made a significant difference to my quality of life. I have a hereditary condition that affects my muscles and nerves, particularly in my feet, resulting in low muscle tone, pain, and mobility challenges. Throughout my journey, I have consulted numerous health professionals. While many offered valuable support, none have been able to provide the consistent level of pain relief and functional improvement that I have experienced through Femia's care. I am incredibly grateful for the positive impact she has had on my health and wellbeing and would highly recommend her to anyone seeking expert, compassionate care.

Sally Bosman

Femia always goes above and beyond to help and achieve the best possible results.

I will always be grateful for what she has done—and continues to do—to improve my holistic well-being.

M.S.

Femia's classes are gentle but very effective. She always considers each client's needs and will provide different instructions to follow if one's body is not able to cope with the general instructions to the class. Private sessions with Femia have helped me cope with some difficult and traumatic times in my life. Her helpful advice encompasses a holistic approach, more than just bodily health. This helps me stay fit and healthy after retirement.

Giovanna Agostini

I first joined SensAbylly Pilates in 2014. I am now part of Femia's online group class. I feel stronger, relaxed and more flexible after every class. I can highly recommend Femia's online Pilates class.

Isabella Savides

An easy to follow weekly routine. Femia helped me with tight and painful shoulders after months of sitting for online learning during the pandemic! Highly recommend her to any suffering from tight and sore muscles.

Marilie F

The remote classes are so convenient as they can be done wherever you are and when it suits you - with the added benefit that Femia remains just a chat away to share feedback and incorporate it in the next session. These classes are a weekly highlight!

Mariam Gani

I've lived with physical pain for 29 years, caused by numerous injuries. I felt like there was no way forward, until I met Femia. With every session, I feel a shift in my body.

Linda Karp

With the guidance of Femia and easy to follow movements, as well as imagery, my pain levels and body tensions have been minimal or completely gone after every session. I appreciate it so much that you are always 100% present, knowledgeable, caring and encouraging Femia!