



Daniel Vladeta, the inventor of
the Oov and Balansit,
will be coming to TEACH at Synergy Studio!

Event Details:

August 29, August 30, 31 and September 1

ALL COURSES TAUGHT BY DANIEL (who is traveling to Jacksonville from Sydney Australia!!)

COURSE DESCRIPTIONS:

August 29 - Balansit Workshop 4pm-7pm

The Balansit is a dynamic and active sitting device, engineered to provide effortless, natural posture and can also be used as an assistive device in exercise. This Workshop introduces the concepts and ideas behind the design of The Balansit and how an unstable device can be used to functionally assess the relationship between the pelvis and thighs. You will be taken through using the Balansit in multiple planes, including kneeling, side lying and prone. The Workshop will also show how the Balansit can be used on Pilates Apparatus, including the Reformer, Cadillac and Chair. Finally the Workshop will conclude with a case study, showing how a practitioner can use the Balansit to Assess, Correct, Control and Perform movements.

August 30-31 - Oov Fundamentals 9am-6pm

This course will explore how using a device like the Oov can facilitate overall improvement in Functional Movement. This course will also take traditional Pilates exercises and apply them to the Oov. During this course, participants will explore the concept of creating stability through improving mobility, as well as, the role that Disassociation plays in enhancing stability training. Balance Training will be utilized as a means to effectively enhance motor learning and improved performance. Techniques such as Sequential Training, Proper Queuing, Regression/Progression, as well as an understanding of the concept of Tolerance and Effective Loading will be provided as a means to assist instructors in teaching complex multi-plane movements. Open to all movement instructors and enthusiasts.

September 1 - Oov on Pilates Apparatus 9am-6pm

(OOV FUNDAMENTALS IS A PRE-REQUISITE FOR THIS COURSE)

The Oov Pilates Apparatus course is a Comprehensive bridge between the Oov Fundamentals course and higher movement performance. The Inclusion of traditional Pilates apparatus gives the practitioner the ability to diagnose and address the individual's movement through Proprioceptive Neuro-Plasticity at an unprecedented level. Students will learn the nuances of adding or removing load and resistance to increase mobility or to increase fine motor control.

Hosted by Synergy Studio - 4591 Lakeside Dr Suite 103 * Jacksonville, FL 32210

Ticket Details and registration: <https://www.ooveducation.com/us/>