



**“Psoftening the Psoas” 3 hours, 3 PMA CECs ©**

The Psoas is a powerful stabilizer of the spine and responsible for end range hip flexion. A hypertrophied psoas develops as part of a compensation strategy for underlying faulty motor patterns and/or injuries. Explore strategies for retraining the muscles of the hip complex (including the psoas) in an effort to offer people of all walks of life, many more years of PAIN FREE hip and spine mobility. This course is appropriate for healthcare professionals, Pilates practitioners and professional athletes.