

INTERNATIONAL
PILATES HERITAGE CONGRESS
MAI 2019

FOLLOWING THE FOOT STEPS OF EVE GENTRY
“From the dancer to the Pilates teacher”

Presented

By

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Eve Gentry had a unique approach and philosophy on being a teacher of the Pilates method.

Well known as a Pilates teacher but not very little as a dancer and choreographer.

This workshop will give an over view an overview of the essential components of the eve Gentry Approach to Pilates via demonstration and visuals.

Participants will then base on Eve Gentry solo “TENANT OF THE STREET” choreographed in 1938, find the connections between her dance and her Pilates technique.

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1. Eve's breathing

- Basic relaxation breathing (Diaphragmatic breathing)
- Breast bone breathing (to get motion through the rib cage in a forward and backward direction)
- Rib Cage breathing (Stabilizing breathing, most commonly used in Pilates)
- One lung breathing (used for lateral rotation, lateral flexion)
- Threshold Breathing (used for clients who are in pain or have some kind of restrictions)

Eve Gentry did change the original breathing pattern for exemple: Feet and legs work on the reformer, exhaling to straighten the leg.

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2. IMPRINTING

Imprinting was the most fundamental teaching tool for Eve Gentry.

She developed Imprinting from working with clients back injuries, who couldn't do the traditional repertoire without having pain. The use of Imprinting also helped find freedom in the spine and thoracic area in order to create grace and suppleness in movement, any movement.

- Waist imprinting
- Base of the ribs imprinting
- Breast bone imprinting
- Neck and head imprinting
- Vertebrae by Vertebrae imprinting

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3. ARTICULATING

Learning how to articulate each vertebrae one at the time, you find different place on your spine that are stuck, you can play with it as you like.

Isolation each vertebrae one at the time using the breath will help you find your movement potential between each vertebrae which will allow you to do Pilates.

4. Nose Cercles (exercise for head and neck)

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5. ORGANISATION OF THE BODY AND TENSION RELEASE

- Coccyx Curve and over curve
- One knee to chest
- Hips escalator
- One leg bicycle
- Snaking feet
- Inch worm
- Upper Body curl
- Horizontal Standing
- Upper Body curl with leg straight
- Roll up with the wall
- Side lying on the wall

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6. Finding the connection between TENANT OF THE STREET and Eve Gentry Pilates Method

Three Phrases will be taking from Eve Gentry solo TENANT OF THE STREET and will be teach to the participants. While learning those phrases, we will try to find the connections between her work as a choreographer and specifically this solo choreographed in 1938 and her Pilates work she developed many years later.



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