



ANNOUNCING NEW FALL CLASSES WITH LAURA!

THESE ARE SPECIALIZED EXERCISE CLASSES FOR POST-REHAB CANCER SURVIVORS AND FOR ANYONE WHO HAS BEEN DIAGNOSED WITH LYMPHEDEMA.



Laura Echinaw is a certified STOTT PILATES® Rehab Instructor, Cancer Exercise Specialist, and a Certified Lymphedema Therapist. She combines Pilates with more than 25 years of experience as a Licensed Physical Therapist Assistant to help cancer survivors and post-rehab clients increase their strength, flexibility and quality of life. She is known for her empathy and her ability to support and encourage clients in achieving their personal goals. During her career she has worked with a diverse population from Gulf war victims in Germany to special needs children in Guam to cancer survivors and other rehab patients in Vancouver, Washington. At present she works at Southwest Washington Medical Centers: Rebound Physical Therapy, Weight Loss Surgery Center and the new Kearny Breast Center.

LYMPHEDEMA EXERCISE & PILATES MAT SERIES*

This class will combine Pilates and Exercise Lymphatic Mobilization (ELM) and will be taught as a series over a five week period. The focus will be on the whole body—to increase range of motion, strength, core stabilization, proprioception, body awareness and increase lymphatic drainage.

DAYS: TUESDAYS

TIME: 3:00-4:00PM

DATES FOR EACH 5 WEEK SERIES: SEPTEMBER 15-OCTOBER 13, 2009
OCTOBER 20-NOVEMBER 17, 2009
JANUARY 12-FEBRUARY 9, 2010

PILATES FOR BREAST CANCER SURVIVORS- GROUP REFORMER*

This beginning to intermediate class will target the typical affects from treatment for breast cancer. A whole body approach will be incorporated into the specific needs to increase upper extremity range of motion and strength, core stabilization and strengthening, proprioception and body awareness. The various surgical procedures will be taken into consideration with each individual.

DAYS: TUESDAYS EVERY WEEK. STARTS ON SEPTEMBER 15, 2009

TIME: 4:15-5:15PM

PILATES FOR CANCER SURVIVORS - GROUP MAT*

This beginning to intermediate class will target the typical affects from treatment for cancer. A whole body approach will be incorporated into the specific needs to increase upper extremity range of motion and strength, core stabilization and strengthening, proprioception and body awareness. The various surgical procedures will be taken into consideration with each individual. Individuals with Lymphedema may take this class.

DAYS: THURSDAYS EVERY WEEK.. STARTS ON SEPTEMBER 17, 2009

TIME: 3:00-4:00PM

REGISTRATION FOR ALL CLASSES AND MORE INFORMATION: PACIFIC NW PILATES 503-292-4409 OR INFO@PACIFICNWPILATES.COM

*A 75 minute private lesson may be required for individuals prior to being admitted into group classes.

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