

## Merrithew Postural Analysis Guide

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This hands-on workshop, developed by the Merrithew™ team, outlines the importance of postural analysis in programming STOTT PILATES® workouts. Discuss the differences between static and dynamic posture and consider how each affects exercise choices and modifications necessary. Review postural theory relating to the effect of certain postures on muscle length and strength and actively practice postural analysis.

Workshop: STOTT PILATES Postural Analysis Review | Merrithew™

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This hands-on workshop, developed by the Merrithew™ team, outlines the importance of postural analysis in programming STOTT PILATES® workouts. Review ideal posture as well as specific deviations found in flat back, sway back and kyphosis-lordosis posture types.