



Alignment, Load, and Tempo — Tools for Facilitating Efficient Movement

Description:

Join **Dr. Brent Anderson**, founder of **Polestar Pilates**, for this dynamic and practical workshop exploring three essential tools for optimizing movement: **alignment, load, and tempo**. Through a blend of lecture, demonstration, and guided movement practice, Dr. Anderson will illustrate how these variables can be skillfully manipulated to facilitate efficient motor learning and enhance movement outcomes.

Participants will gain both conceptual understanding and embodied experience as they move from **mat to apparatus to standing**, developing a deeper awareness of how alignment, load, and tempo influence coordination, control, and overall movement quality. This workshop offers valuable insights for instructors and practitioners seeking to refine their teaching and empower clients to move with greater ease, strength, and precision.

Participants will learn how to:

- Identify the purpose and function of **alignment, load, and tempo** as tools in movement acquisition.
- Observe and apply these tools across a range of **Pilates equipment and mat-based practices**.
- Experience firsthand how manipulating alignment, load, and tempo can enhance efficiency, awareness, and personal movement performance.