

DYNAMIC MOVEMENT SOLUTIONS

Meeks Moves, Internal Alignment Awareness (IAA™), and Meditation Made Possible for Better Health
with Sara Meeks, Penny Shure and Bhavani Lorraine Nelson

DESCRIPTION

From the beginning of our lives, we develop patterns of habitual movement that lead to greater ease and efficiency but which, as we get older, can lead to greater dis-ease, less efficiency and dependence instead of independence. An exploration of habitual movement patterns and how they affect our lives will give you more freedom in your choices in exercise and daily movement. If you want to live into an independent older age with increased Freedom from Fear of Frailty, Falls and Fractures, this program is for YOU!

The seemingly-simple series of gentle exercises, taken from the presenters' vast experience in Therapy, Yoga, Pilates, Dance, Meditation and Chanting can give you increased understanding of how to move more safely and freely, create new neural pathways and instill confidence in body placement, balance and personal strength.

Just as you learn math by first learning numbers or reading by first learning the alphabet, you will learn basics of movement which will give you the "Internal Alignment Awareness (IAA™)" necessary to sit, stand, walk, run, dance, play, make love, and accomplish your activities of daily living with less pain and more confidence, security and efficiency.

You will also learn Movement From and For the Bones thereby creating greater safety and therapeutic intent with a goal of increasing bone strength and quality, better skeletal alignment and minimization of fracture risk. The importance of this cannot be over-emphasized given the epidemic of osteoporosis that is affecting all populations and the fact that it is usually silent until the first symptomatic fracture occurs. Even if you think you don't have bone health issues, this program will help you move better and keep you healthier.

Make IAA and Meeks Moves accompanied by music, chanting and meditation the foundation of your life & create a pathway to better over-all health. It can help you create the inner space you need for freedom of breath & life, allow your internal organs to have the space they need and give you the SOLUTIONS you've been looking for to live a full life and have more fun! Whether you are interested in your own personal home practice or you are a licensed health or exercise professional, we promise that you will notice a difference in yours and your clients' bodies and lives.

OUTLINE

FRIDAY EVENING 7:00-9:00 PM

- I. INTRODUCTION – 15 MINS – SARA, PENNY AND BHAVANI INDIVIDUAL INTROS (2-5 MINS EACH - “ELEVATOR SPEECH”); INTRODUCE JOHN, HOSTS , ASSISTANTS, ETC
- II. SARA MEEKS—INTRODUCTION TO MOVEMENT FROM & FOR THE BONES – 30 MINS
 - A. Laying the Foundation—education with the skeleton model
 - B. Instruction in Perch Posture – Seated Tadasana with “Alphabet Soup of the Skeleton” combined with Breath to facilitate both relaxation and stability
 - C. Sit-To-Stand-To-Sit with Hip Hinge
- III. PENNY SHURE—SEATED FOOT WORK – 30 MINS
 - A. Education with the Foot Skeletal Model--Importance of Feet in Exercise and Movement; Explanation of Ankle and Foot Alignment
 - B. Use of Green Strap, Thera -Tubing, Toe Spacers to stretch feet in seated position
- IV. BACK TO PERCH POSTURE – SEATED TADASANA.
- V. BHAVANI LORRAINE NELSON—30 MINS
Setting of Intentions – Survey -- Meditation -- Good Night Chant

SATURDAY MORNING 7:00 – 8:00 AM

FLOWING FROM YOUR FOUNDATION -- YOGA WITH SARA MEEKS

PROGRAM SESSION 9:00 AM-12:00 NOON

- I. BHAVANI – PENNY -- SARA 30 MINUTES
Welcome to the Morning Session with Chanting/Music -- Centering In
Discussions/Questions on Last Night’s Experience
- III. SARA – 30 MINS
 - A. Background of Yoga For Skeletal Health
 - B. Tadasana with Alphabet Soup of the Skeleton/Visual Imagery for Postural Correction
- III. PENNY – 30 MINS
 - A. Background of Pilates
 - B. Standing Balance and Stretching Work; Qigong Healing Sounds; Dance Moves
- BREAK – 15 MINS
- IV. SARA – 30 MINS
Getting To and From Floor with awareness of Safety and Alignment -- 25 mins
- V. PENNY – 30 MINS
Internal Alignment Awareness (IAA) Supine Moves – 25 mins
- VI. BHAVANI – 30 MINS
Relaxation with Music/Chanting

LUNCH – EAT LIGHTLY

12:00 NOON – 1:30 PM

SATURDAY AFTERNOON 2:00 PM – 5:00 PM

- I. **BHAVANI – PENNY – SARA:** Centering In/Sharing – Questions on Seminar Experience so far – 30 mins
- II. **SARA – YOGA-INSPIRED SITE SPECIFIC MOVEMENT FOR SAFETY AND BONE HEALTH – 45 MINS**
 - A. Supine -- Site-Specific Weighted Breath – Strengthening of the Diaphragm
 - B. Supine -- Re-Alignment Routine – Exercise Relaxation, Lengthening & Strengthening of the Spine
 - C. Side-Lying – Guidelines for safety and better muscle action
 - D. Prone – Guidelines for safety, breathing, consideration of ribs and relief of low back discomfort

BREAK – 15 MINS

- III. **PENNY – PILATES MOVEMENT FOR SAFETY, MUSCLE STRENGTHENING AND BONE HEALTH – 45 MINS**
 - A. Side-Lying Side Stretch into Side Kick Series with Arm Circles
 - B. Prone Series, pre-Swan series into Swan into Single Leg Kick into Quadruped Balance into Spine Release
- IV. **BHAVANI -- Relaxation – 30 minutes**
- V. **BHAVANI – PENNY – SARA – INTEGRATION --** Taking Principles Into Function – Movement Awareness – Discussion, Questions, Demonstrations – 15 mins

SATURDAY EVENING 7:30 – 9:30

- I. **SARA – 30 MINS**

Mindful Walking (Gait) Meditation leading into Freedom Dance (Odd-Impact and Random Movement for Better Bone Health) and Yoga Posture Flow (Movement From & For the Bones with Emphasis on Alignment, Strengthening and Safety)

BREAK – 15 MINS

- II. **PENNY – 30 MINS**

Gait Work – Balance and Safety in Weight-Bearing Activity
- III. **BHAVANI – SHARING – LEADING INTO RELAXATION, LULLABY AND GOOD NIGHT – 30 MINS**

SUNDAY MORNING 7:00 – 8:00 – PILATES WITH PENNY

PROGRAM SESSION 9:00 – 12:00

- I. **BHAVANI – 30 MINS**

Welcome to the Morning Session with Chanting/Music -- Centering In
- II. **PENNY**

"How our thoughts, words and intentions affect our posture, breath, bones & overall health; making sense of the mind-body-spirit connection.
- III. **BHAVANI – PENNY – SARA**

Dialogue with attendees as to how they can find SOLUTIONS to specific movement challenges -- Q & A on different exercise and movement forms (e.g. Yoga, Pilates, Gym, Tai Chi, Qigong and whatever comes up.)
Circle – Organic Conversation
- III. **ENDING OM/CHANT/MUSIC**

OBJECTIVES

From specialists with decades of experience, participants will be able to:

- Articulate how patterns of movement which led to greater efficiency and ease develop in our life,
- Explain how compensatory movement patterns to deal with daily life develop, are layered on and eventually lead to more inefficiency, dis-ease and dependency,
- Experience how more anatomically-guided, active movement, meditation, music, chanting and thought can free up these patterns of movement and decrease the chance of injury, thus restoring efficiency, ease and independence,
- Demonstrate Meeks' Moves "from and for the bones" through the "alphabet soup of the skeleton"
- Explain the IAA series of exercises working from least to most compression on the spine.
- Demonstrate how to get on & off the floor safely and go from sit-to-stand-to-sit by hinging at the hip joints thus protecting and strengthening the back
- Experience posture, balance and walking exercises in better body alignment to improve muscle contraction and weight-bearing forces on bone.
- Practice deep breathing "healing sound" exercises to reduce stress, achieve maximum aerobic capacity, relaxation and healing of internal organs.
- Internalize practical suggestions to make meditation, chanting and music a part of daily practice
- Do movement and exercise to strengthen and align the feet.
- Incorporate practical, *personal* solutions to improve movement in daily life with simple guidelines to help remember how to do this,
- Bring more efficient, anatomically-guided movement into other exercise and movement forms such as Pilates, Yoga, Gym, as well as in Activities of Daily Living,
- Take home ideas to help support new movement patterns (e.g., massage, meditation, relaxation, music, chanting, innovative breathing exercises and more)

**INTERNAL ALIGNMENT AWARENESS (IAA)™, MEEKS MOVES AND MEDITATION MADE POSSIBLE
CAN BE THE SOLUTION TO IMPROVING YOUR POSTURE AND YOUR LIFE!
IF YOU ARE ALIVE IN A HUMAN BODY, THIS PROGRAM IS FOR YOU!**

FEE INFORMATION: EARLY BIRD TILL AUGUST 3 -- \$300.00 AFTER AUGUST 3 -- \$350.00

CONTACT HOURS: 15

INSTRUCTIONAL METHOD: LECTURE WITH POWERPOINT; DEMONSTRATIONS; PARTICIPANTS GO THROUGH ALL EXERCISE WITH INSTRUCTION AND HAVE INTERACTION WITH THE INSTRUCTORS AS THEY FIND SOLUTIONS TO THEIR MOVEMENT QUESTIONS

CV OF PRESENTERS: ATTACHED

BIBLIOGRAPHY: ALSO ATTACHED

EASTOVER ESTATE CANCELLATION POLICY: Should you need to cancel, all monies will be refunded in full (less a \$50 processing fee) if you cancel 14 or more days prior to your arrival date. If you cancel with less than 14 days prior to your arrival date you will forfeit your deposit of \$300. This policy is subject to change depending on the needs of the presenter, you will be notified of this beforehand. Eastover reserves the right to cancel any program at any time. In this event, you will be given a complete refund.

RESUMES

SARA MEEKS

Education: B.S. Physical Therapy Cum Laude 1962 Ithaca College, Ithaca New York
M.S. Physical Therapy 2000 Rocky Mountain University of Health Professions, Provo, Utah

Certification: APTA Certified Geriatric Clinical Specialist, 1994; Re-certified 2004
Certified Kripalu Yoga Instructor 1984

Awards: Clinical Excellence in Geriatrics; American Physical Therapy Association Section on Geriatrics Award February 2001

Licensure: 1990 - Present: Florida; Previously: New York, Pennsylvania

Appointments Member: Exercise and Rehabilitation Advisory Council of NOF – 2012

And Elected Founder: Special Interest Group on Osteoporosis, SoG, APTA

Positions: Assembly Delegate: Gainesville Sub-District; FPTA.
Clinical Instructor: College of Allied Health Professions, Temple University, Philadelphia, PA., 1972.

Present Practice: June 1997- Present: Self Employed.

Owner: SARA MEEKS SEMINARS--Practice includes:

1. Seminar OSTEOPOROSIS: A Comprehensive Treatment Strategy, a course, consisting of 3 modules, approved by the Florida Physical Therapy Association for a total of 56 continuing education hours.
2. Seminar "Safe Yoga for Osteoporosis" at The Kripalu Center for Yoga and Health, Lenox, MA and other locations.
3. Seminar "SAFE Pilates for Skeletal Health," a course approved by the Florida Physical Therapy Association for 18 CEH.
4. A consultation practice for both the public and physical therapy professionals.

June 1997-December 2005: Owner SARA MEEKS PHYSICAL THERAPY

Presentations: BONE CAMP Advanced Yoga and Movement for Skeletal Health SoWH APTA CSM11
Presenter 4th -- 7th Symposia on "New Therapeutic Aspects for Osteoporotic Vertebral Fractures" 2009, 2010, 2011, 2012. Begur, Spain; Prague, Czech Republic; Budapest, Hungary; Warsaw, Poland. Sponsor: medi BmbH & Co. Germany

Poster Presentations (2) International Osteoporosis Foundation May 2010, Florence, Italy
Beyond Ankle Pumps & Quad Sets: Early Mobility and Exercise for the Physically Frail, Chronically-Ill, Bed-Bound Patient. Acute Care CSM 2010

Plenary Presenter WCPT AWP & IPA Congress. Mumbai India. January 2009.

Exercise/Movement Guidelines for the Physically Frail. Home Health Section CSM 08.

Pilates for Skeletal Health, Pilates Method Alliance Annual Meeting, Nov 2004-2007..

Keynote Speaker International Private Practitioners Association, WCPT, Melbourne, Australia. October 2005

SAFE Yoga for Skeletal Health-Section on Geriatrics CSM07

Management of Compression Fractures - Section on Orthopedics CSM05

Osteoporosis: The Case for UN-Loading - Section on Orthopedics, CSM04

Osteoporosis: Prevention of Sequelae in a Younger Population – SOWH CSM04.

Spinal Stenosis vs Osteoporosis: The Treatment Dilemma. Orthopedic Section CSM03.

Development of a Senior Exercise Class Safe for Persons With, or at risk for

Osteoporosis. APTA Annual Conference. Pre-Conference Course June 2002.

The Challenge of Osteoporosis: Recognizing the First Signs and Risk Factors in the Physical Therapy Clinic Population – Section on Geriatrics CSM 02.

Treatment of Compression Fractures Acute-Chronic Care, PT01 Anaheim, CA.

Exercise Guidelines for the Healthy Elderly, PT00 Indianapolis, IN

Instructor: Pre-Conference course 2001 APTA CSM, February 2001; Pre-Conference course 1998 APTA National Convention, June 3-4, 1998, Orlando, Florida.

Poster Presentation: CSM 98 Boston, MA.

Instructor at Physical Therapy Association State Conferences: AR, IA, MS, MT, ND, OK, SD, WI, WY.

APTA Online Course: OSTEOPOROSIS: Recognition and Management in the Rehab Setting and Beyond—2002

Publications: Contributing Author: The Fractured Path in Fostering Creativity in Rehabilitation edited by Matthew Taylor PT PhD. NOVA Science Publishing December 2014.

Author: The Physical Therapy Management of Bone Health: A Clinician's Guide. OPTP 2008.

Osteoporosis Management and Postural Correction. Exercise Kit. Visual Health Information. 2005

Author: WALK TALL! An Exercise Program for the Prevention and Treatment of Osteoporosis; Triad Publishing, Gainesville, FL 1999; 2nd Edition 2010

Physical Therapy Consultant: 2nd Edition of STAND TALL!: Every Woman's Guide to the Prevention and Treatment of Osteoporosis by Morris Notelovitz, MD., Triad Publishing, Gainesville, FL., June 1998.

Presenter: Ithaca College Conference on Gerontology, May 1998, Ithaca, NY.

Several publications including articles in Physical Therapy and American Journal of Physical Medicine. Exhibits at APTA Convention and American Congress of Rehabilitation, 1972.

Previous

Experience: April 1996-June 1997: Director; Professional Touch Physical Therapy Women's Clinic, 908 N.W. 57th Street; Gainesville, Florida. Specialized in treatment of Osteoporosis, Osteopenia and the Frail Elderly.

June 1995-April 1996: Director of Physical Therapy Services; Florida Sunshine Rehabilitation, 1213 NW 6th Street, Gainesville, FL.

January 1990-June 1995. Physical Therapist, Santa Fe Home Care, Gainesville, FL.

October 1984-January 1990. Director of Physical Therapy, E.J. Noble Hospital, Alexandria Bay, NY.

Contract Physical Therapist: VNA of Pottstown and Vicinity, Pottstown, PA.; Grandview Hospital Home Care, Sellersville, PA.; Roy Wiedenmyer, L.P.T. (working for VNA of Ardmore, PA.)

Staff Physical Therapist: House of Good Samaritan Hospital, Watertown, NY.

Director of Clinical Research, Senior Research Assistant, Research Assistant: Krusen Center for Research and Engineering, Philadelphia, PA and Department of Rehabilitation Medicine, Albert Einstein College of Medicine, Bronx, NY

Assistant Chief Physical Therapist and Staff Physical Therapist: Metropolitan Hospital, New York, NY.

Staff Physical Therapist: Institute for Rehabilitation Medicine, New York, NY.

References: Available upon request.

PENNY SHURE

EXPERIENCE:

2003-PRESENT: OWNER, HEALING WITH MOVEMENT PILATES LLC,
2021 Western Avenue, Albany, NY 12203

Teaching classical & modified Pilates to all ages & fitness levels

2011: INTERNAL ALIGNMENT AWARENESS (IAA) training program of safe exercises for osteoporosis.
Training chiropractors, movement instructors, Pilates teachers, yoga teachers.

JANUARY - AUGUST, 2009: Opened annex studio @ Plaza Fitness in Albany, NY to increase NOF support group membership/raise community awareness of osteoporosis healing options.

2008: Developed osteoporosis-tap dancing classes. Weight-bearing dance class improves balance, rhythm, core strength, aerobic capacity & concentration.

2007-2014: NATIONAL OSTEOPOROSIS FOUNDATION support group leader focusing on community education.

October 19-20, 2009: Participated as an advocate on behalf of the National Osteoporosis Foundation in "Strong Voices for Strong Bones on Capitol Hill" speaking to NYS elected officials to raise awareness of osteoporosis & bone health & the need to access quality healthcare, bone density testing & increased research funding.

October 2009-10: Served on Eli Lilly & Company's Mobility Advisory Board.

January 2010: Began recording movement education song series developed to teach movement awareness and bone health to young children. Part of the Million Dollar Bones program of multi-sensory osteoporosis prevention education developed for tweens & teens.

February 27 - March 2, 2011: Guest presenter @ The 1st Annual Conference on The Meeks Method, Sundance, Utah: modified Pilates for osteoporosis mat class.

May 2012: Guest presenter @ The 2nd Annual Conference on The Meeks Method, Baltimore, MD. Million Dollar Bones power point presentation focusing on osteoporosis prevention education for teens.

2013-Present: Writes bi-monthly blog for the Albany Times Union website on bone health & fitness "skele-toning".

2014: Featured guest on Benita Zahn's "HEALTH LINK" special on osteoporosis for WMHT.

EDUCATION

Syracuse University, Syracuse, NY. BS, 1983

Specialization in Footwork integration in the Pilates studio, Dr. Suzanne Martin, PT.

Alameda, CA. 2013

Power Pilates, NYC, 2003 full classical training

Pilates Method Alliance, certified 2010

The Meeks Method, Level 1 certified, Level 2 trained, Safe Yoga Teacher 2009

Sherri Betz, Modified Pilates for Bone Health, 2006

Ongoing Continuing Education in Pilates, Anatomy, Biomechanics, Scoliosis management, Bone health, Nutrition and Wellness in various workshops & seminars throughout the country.

BHAVANI LORRAINE NELSON

www.bhavanilorrainenelson.com

EXPERIENCE:

1991 - present Owner and CEO of Eagleflight Enterprises, offering sound tools for living. Producing experiential seminars and products on various forms of meditation and sounding experiences.

Seminars presented at Kripalu Center and around the world include the following:

Transformation through the Yoga of Devotion, presented with Vedic Priests Bill

Barry (Bharata) and Gretchen Carmel (Rajeshwari)—a three-day program

Meditation Made Possible—a five-day retreat, offered once a year at Kripalu

Introduction to Meditation—a weekend program, offered 3-4 times per year

The Sound Self—a five-day program

Transforming Stress—a weekend program

Welcome Weekend—a weekend program

Soundplay—in various time frames. Presented in Japan and Iceland in 1994

Recordings include the following:

Meditation Made Possible Vol. 1: Meditation on the Breath

Meditation Made Possible Vol. 2: The Body Scan and Walking Meditation

Soulflight: Chanted Mantras for Healing and Illumination

Amba Bhavani: Meditations in Chant

Into the Hands of God

A New Dawn

Soundplay

Dawn of an Eagle

1988 - present Faculty member at Kripalu Center for Yoga and Health, Stockbridge, MA, teaching classes in meditation, chanting, sound healing, yogic breathing, and other yogic practices

1963 - present Professional singer/songwriter, performing throughout the US, and in Canada, Japan, Iceland, and Mexico

1981 - 88 Legal secretary in various law firms in NYC

1981 - 84 Classical radio announcer at WNCN in NYC

1978 - 81 Classical radio announcer at KUAT-FM, U of A, Tucson, AZ

1978 - 81 Real estate salesperson, Tucson, AZ

1976 - 78 Executive Director, Tucson Ballet, Tucson AZ

1975 - 76 Public Relations Director, Arizona Theatre Company, Tucson, AZ

1974 - 75 Public Relations Director, Tucson Opera Company, Tucson, AZ

1972 - 73 Helped found and served as branch administrator for Pima College branch in Nogales, AZ

1972 - 73 Taught GED to adults in night classes at Nogales High School

1972 - 73 Wrote grant proposals for Nogales Public Schools

1972 Co-founder, publisher, editor, writer, and ad salesman for UNO/ONE, a free monthly bilingual community newspaper distributed in Nogales, AZ and Nogales, Sonora, MEXICO

1972 Music teacher at Catholic girls' school in Nogales, AZ

1972 Soloist and leader of folk mass group at Nogales Catholic Church, as well as soloist at Episcopalian church in Nogales, AZ

1971 Took 14,000 mile trip from Baltimore throughout the US west, then did sixmonth meditation self-retreat in High Rolls, NM

1969 - 71 Co-created and served as on-air talent for program, Numbers Game, teaching third-grade mathematics for Instructional Television

Division, Maryland State Department of Education at Maryland

Center for Public Broadcasting, WMPB, Channel 67, Owings Mills, MD

1967 - 69 Taught regular and enriched mathematics classes at Pimlico Junior High School, Baltimore, MD

1965 - 67 Taught basic track, algebra, and general mathematics classes at Charles Hamilton Houston Junior High School, Baltimore, MD
1963 - 64 Folksinging gigs in Chicago, NY, and Baltimore

EDUCATION:

Toronto, CANADA Private voice training with Dr. Kenneth Mills 1978-85
University of Arizona Graduate work in Career Education 1973
Towson College BS in English January 1968
Johns Hopkins University Calculus and Math Education Course for Certification to teach Mathematics 1966
Peabody Conservatory, Baltimore, MD Private voice training with director 1966-69
University of Wisconsin Emphasis on Voice and Opera Production 1962-63
Edgewood College, Madison, WI General studies, including Gregorian chant 1061
New York City Private voice training Summer 1960
Florida State University Math and English, then Arts and Sciences Music with emphasis on Voice 1958-61
Additional Training
Distinguished Toastmaster certification in Toastmasters International education program for public speaking and leadership, with Triple Crown award 2011
Metta and Vipassana retreats:
Weekend retreat with Christina Feldman, Gaia House, Devon, England, 2001.
Several one-day retreats with Jack Kornfield and others, Spirit Rock, CA, 1999; 14-day retreat with Ruth Denison, Joshua Tree, CA, 1999; several yearly 16-day metta/vipassana retreats with Sharon Salzberg, Joseph Goldstein, Sylvia Boorstein, and others at Insight Meditation Society, Barre, MA, 1996-98; 10-day retreat at Goenka meditation center in Shelburne Falls, MA, 1993
Five hundred hour professional level Kripalu Yoga Certification 1991
Neuro-Linguistic Programming Master's Certification with Robert Dilts 1985
Neuro-Linguistic Programming Basic Certification with Tony Robbins 1983

REFERENCES

MEDITATION

- Singh N¹, Telles S¹.** Neurophysiological Effects of Meditation Based on Evoked and Event Related Potential Recordings. *Biomed Res Int.* 2015;2015:406261. doi:10.1155/2015/406261. Epub 2015 Jun 7.
- Sorrell JM.** Meditation for older adults: a new look at an ancient intervention for mental health. *J Psychosoc Nurs Ment Health Serv.* 2015 May 1;53(5):15-9. doi: 10.3928/02793695-20150330-01. Epub 2015 Apr 8.
- Desai R¹, Tailor A¹, Bhatt T²** Effects of yoga on brain waves and structural activation: A review. *Complement Ther Clin Pract.* 2015 May;21(2):112-8. doi: 10.1016/j.ctcp.2015.02.002. Epub 2015 Mar 9.
- Ward L¹, Stebbings S², Cherkin D³, Baxter GD⁴.** Components and reporting of yoga interventions for musculoskeletal conditions: a systematic review of randomised controlled trials. *Complement Ther Med.* 2014 Oct;22(5):909-19. doi: 10.1016/j.ctim.2014.08.007. Epub 2014 Aug 18
- Ward L¹, Stebbings S, Cherkin D, Baxter GD.** Yoga for functional ability, pain and psychosocial outcomes in musculoskeletal conditions: a systematic review and meta-analysis. *Musculoskeletal Care.* 2013 Dec;11(4):203-17. doi: 10.1002/msc.1042. Epub 2013 Jan 9.

SOUNDING, SINGING AND CHANTING

- Coulton S¹, Clift S¹, Skingley A¹, Rodriguez** Effectiveness and cost-effectiveness of community singing on mental health-related quality of life of older people: randomized controlled trial. *Br J Psychiatry.* 2015 Jun 18. pii: bjp.bp.113.129908. [Epub ahead of print]
- Macdonald I¹, Rubin JS, Blake E, Hirani S, Epstein R.** An investigation of abdominal muscle recruitment for sustained phonation in 25 healthy singers. *J Voice.* 2012 Nov;26(6):815.e9-16. doi: 10.1016/j.jvoice.2012.04.006.
- Kitaoka H¹, Chihara K.** The diaphragm: a hidden but essential organ for the mammal and the human. *Adv Exp Med Biol.* 2010;669:167-71. doi: 10.1007/978-1-4419-5692-7_33.

PILATES

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- Cairns MC Foster NE, Wright C. Randomized controlled trial of specific spinal stabilization exercises and conventional physiotherapy of recurrent low back pain. *Spine.* 2006; 31(19):E670-E681.
- Cholewicki J, Panjabi M, Khachatryan A.** Stabilizing function of trunk flexor-extensor muscles around a neutral spine posture. *Spine.* 1997;22(19):2207-2212.
- Danielsen JM, Johnsen R, Kibsgaard SK, Hellevik E.** Early aggressive exercise for postoperative rehabilitation after discectomy. *Spine.* 2000;25(8):1015-1020.
- Herrington L, Davies R.** The influence of Pilates training on the ability to contract the Transversus Abdominis muscle in asymptomatic individuals. *Journal of Bodywork and Movement Therapies.* 2005;9(1):52-57.
- Levine B, Kaplanek B, Scafura D, Jaffe W.** Rehabilitation after Total Hip and Knee Arthroplasty, a new regimen using Pilates training. *Bulletin of the NYU Hospital for Joint Diseases.* 2007;65(2):120-125.
- O'Sullivan PB, Phytly GD, Twomey LT, Allison GT.** Evaluation of specific spine stabilizing exercise on the treatment of chronic low back pain with radiologic diagnosis of spondylolysis or spondylolisthesis. *Spine.* 1997;22:2959-2967.
- Rydeard R, Leger A, Smith D.** Pilates-based Therapeutic Exercise: Effect on Subjects With Nonspecific Chronic Low Back Pain and Functional Disability: A Randomized Controlled Trial. *J Orthop Sports Phys Ther.* 2006;36(7):472-484
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- Kloubec JA¹.** Pilates for improvement of muscle endurance, flexibility, balance, and posture. *J Strength Cond Res.* 2010 Mar;24(3):661-7. doi: 10.1519/JSC.0b013e3181c277a6.

THE MEEKS METHOD

1. KYPHOSIS LINKED TO HABITUAL POSTURE

Cutler WB, Friedmann E, Genovese-Stone E. Prevalence of kyphosis in a healthy sample of pre- and postmenopausal women. *Am J Phys Med Rehab.*1993 (August) Vol 72 No 4, 219-225

2. POSTURAL ARTICLES

Pollentine P, Luo J, Offa-Jones B, Dolan P, Adams M. Bone creep can cause progressive vertebral deformity. *Bone* 45 (2009); 466-472

Lafage V, Schwab F, Skalli W, Hawkinson N, Gagey P-M, Ondra S, Farcy J-P. Standing Balance and Sagittal Plane Spinal Deformity. Analysis of Spinopelvic and Gravity Line Parameters. *Spine* Volume 33, (2008); # 14, pp1572-78.

Schwab F, Lafage V, Boyce R, Skalli W, Farcy J-P. Gravity Line Analysis in Adult Volunteers. Age-Related Correlation With Spinal Parameters, Pelvic Parameters, and Foot Position. *Spine* (2006): Volume 31, Number 25, pp E959-E967.

3. FLEXION EXERCISES CONTRAINDICATED

Bassey EJ. Exercise for prevention of osteoporotic fracture. *Age and Aging* 2001; 30-S4; 29-31

Sinaki M, Mikkelsen B. Postmenopausal spinal osteoporosis: flexion vs extension exercises. *Arch Phys Med Rehabil* Vol 65, October 1984. 593-596

Sinaki, M. The role of physical activity in bone health: a new hypothesis to reduce risk of vertebral fracture.

Phys Med Rehabil Clin N Am 18(2007) 593-608.

Lewis, C. PT warns against flexion exercises. *Advance for Physical Therapists.* January 6, 1997

4. FRACTURE DATA

Cummings et al. Risk factors for hip fractures in white women. *New Engl J Med* Vol 332; No. 12 1995 767-773

Pasco JA, Seeman E, Henry MJ, et al. The population burden of fractures originates in women with osteopenia not osteoporosis. *Osteoporosis Int* (2006) 17:1404.

Sornay-Randu E, Munoz F, Garnero P, Duboeuf F, Delmas PD. Identification of osteopenic women at high risk of fracture: the OFELY study. *J Bone Miner res.* 2005 Oct 20(10):1813-9 Epub 2005 Jun 20.

Siris E, Delmas PD. Assessment of 10-year absolute fracture risk: a new paradigm with worldwide application. *Osteoporosis Int* (2008) 19:383-384.

5. ABILITY OF BONE TO REGAIN HEIGHT AFTER COMPRESSION

Fyhrie DP, Schaffler MB. Failure mechanisms in human vertebral cancellous bone. *Bone* 1994 Jan-Feb;15(1):105-109.

6. COMPRESSION FORCES ON THE SPINE/BIOMECHANICS

Nachemson A, Morris JM. In vivo measurements of intradiscal pressure. *J Bone Jt. Surg.* 46A:1077-1092, 1964.

Nachemson A. The load on lumbar disks in different positions of the body. From the Department of Orthopedic Surgery, University of Gothenburg, Gothenburg, Sweden.

Nachemson A. Toward a better understanding of low back pain: a review of the mechanics of the lumbar disk. *Rheu. Rehab.* 1975; 14:129.

Christiansen BA, Bouxsein ML. Biomechanics of vertebral fractures and the vertebral fracture cascade. *Curr Osteoporosis Rep* (2010) 8:198-204.

7. "SURPRISE" THE BONE

Jiang Y, Zhao J, Rosen C, Geusens P, Genant HK. Perspectives on bone mechanical properties and adaptive response to mechanical challenge. *J Clin Densitom* 1999 Winter; 2(4):423-33.

Nikander R et al. Targeted exercises against hip fragility. *Osteoporosis Int* (2009) 20:1321-1328.

8. BONE ADAPTATION

Lanyon L, Skerry T. Postmenopausal osteoporosis as a failure of bone's adaptation to functional loading: a hypothesis. *J Bone Miner Res* 2001 Nov;16(11):1948-52.

Mosekilde L. Age-related changes in bone mass, structure, and strength--effects of loading. *Z Rheumatol* 2000;59 Suppl 1:1-9.

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