

1208 – H2O Hypopressives

Beginner / Pool Workshop

Sanibel, FL / Tuesday, June 23, 2020 – 7:45-11:15 am – 3.0 credit hours

(Pool: 7:45-9:15 am / Classroom: 9:45-11:15 am)

Faculty: Mimi Rodriguez Adami, BA, BS

COURSE DESCRIPTION:

The main objective of the entire hypopressive training method is to manage intra-abdominal pressure through breathing and posture. Therefore, we consider the fact that the combination of proper posture and a relaxed and flexible thoracic diaphragm will reduce thoracic, abdominal and pelvic pressure. In other words, the first steps taken in hypopressive exercise must be toward assuming and maintaining perfect posture in order to allow the diaphragm to work properly in order to avoid excessive intra-abdominal pressure during ADLs, physical activity and sport. This workshop will adapt the land exercises to the aquatic environment which facilitates the decreased pressures on the core and the internal organs.

COURSE OBJECTIVES:

- 1) Examine the structure and importance of the pelvic floor.
- 2) Explore the thoracic breathing technique, expanding the rib cage to mobilize the diaphragm and avoid upper chest breathing.
- 3) Determine the basic hypopressive posture including myofascial release, and how to apply it to the various positions to be assumed on land and in the water.
- 4) Adjust the pressure on the major nerves by using the neurodynamic concepts during the exercises.
- 5) Demonstrate at least six positions to perform hypopressive exercise on land and in the water for one-on-one exercise sessions.

FACULTY: Mimi Rodriguez Adami, BA, BS, an American born European, Mimi has been living in Italy for 42 years. She is the director of Italy's first EU accredited training provider for fitness professionals. With a degree in Exercise Science from Rome's TorVergata University, she developed the AquaZumba exercise program, coordinated the EU's eLF (eLearning Fitness) Project and wrote *Aqua Fitness*, published by Dorling Kindersley, Ltd. She also specializes in Pelvic Floor Fitness and represents the Low Pressure Fitness method in Italy where she is the lead trainer and collaborates with the medical community for the prevention and rehabilitation of pelvic floor dysfunction.