



Scolio Pilates

ELONGATE. BREATHE. STRENGTHEN.

with
KARENA THEK
Author of *Scolio-Pilates*®

GETTING STARTED WITH SCOLIO-PILATES®

Welcome! We are excited at the prospect of working with you very soon! We've included a bit of information here that will help you begin a *Scolio-Pilates®* program. You can begin (or continue, if you've already started) in one of three ways:

1. Our **Free YouTube Videos** (Good!)
2. Our **Online Skype Sessions** (Better!)
3. Join Karena for an in-person ***Scolio-Pilates®* Intensive** (Highly Recommended!)



After doing a 4-day *Scolio-Pilates®* intensive program and continuing once a week via Skype, the X-ray of this *Scolio-Pilates®* client shows an improvement in both thoracic curves. The high thoracic curve decreased 6% and the lower curve reduced 17%.

While a reduction in curve is possible for some, we will always focus on reducing pain and strengthening *first*. Let's get moving! You can be Scolio-Strong!

[#ScoliosisWontStopMe](#)

3 WAYS TO START SCOLIO-PILATES®

YOUTUBE: GOOD!

Many of you have found us because of YouTube and have already been doing the exercises. That's great! If you have not seen these free exercises and information videos yet, it might be a great place to start; especially with our **Frequently Asked Questions** video.



- Link: [Frequently Asked Questions: Scoliosis and Scolio-Pilates®](#)
- Link: [Karen's Go-To Scoliosis Stretch](#)
- Link: [Side-lying Scoliosis Exercise with Karen](#)

SKYPE SESSIONS: BETTER!

Let's Skype! Skype sessions are an effective way to create a personalized program based on your Xray and your feedback. For a Skype session you will need to send Karen your X-rays via email as well as fill out the same questionnaire that our in-person clients fill out.

Another great use for Skype is to continue working with Karen weekly, after completing a *Scolio-Pilates®* Intensive.

Read more about the *Scolio-Pilates®* Intensive next!



Session: **\$95/hour** due upon scheduling

How to schedule: Email Karen at Karen@osteopilates.com

**SCOLIO-PILATES® INTENSIVE:
BEST! HIGHLY RECOMMENDED!**

This is what our clients benefit from most and what they most highly recommend. Clients go home with a complete home exercise program and a better understanding of what it means to live with scoliosis.

These in-person programs are generally 4-10 days in length. You will meet with Karena up to 3 hours a day. A typical session is two hours in the morning with a 2-hour break for lunch and then a 1-hour session after lunch.

It's most important that you spend enough time with Karena that, together, you can create a strong *Scolio-Pilates®* exercise program for you to continue at home.



DURING YOUR SCOLIO-PILATES® INTENSIVE, YOU WILL RECEIVE:

- Assessment of your scoliosis curve
- A system for wedging your curve towards neutral
- A system for strengthening the spine once placed towards neutral
- A system of elongation for your scoliosis
- A system of breathing to assist movement towards neutral

Session: \$95/hour at Karena's home studio.
\$95/hour + space rental at other studio.

How to Schedule: Email Karena at
Karena@osteopilates.com

You are welcome to take pictures! Also, an online video program of your personalized exercise program can be prepared for only \$95.

TESTIMONIALS

A word from those who have been where you are ready to go!

KNOWLEDGEABLE AND CARING

She is extremely knowledgeable but explained things very simply so that I understood what she was saying. She is also very caring. It was quite obvious that she was very concerned with helping me. And the whole experience was a lot of fun.

Gene S, Illinois



MY DOCTOR-HUSBAND IS VERY PLEASED

A year ago last September I was a volunteer *Scolio-Pilates®* “model-volunteer” at a three day seminar you held in Las Vegas, it was life changing for me. I am 67 with a 52 degree S curve (I actually brought my x-ray to the class and showed you). I can’t tell you how grateful I am to you and your incredible teachings.

My husband is a pain management physician. He can’t get over how little I complain and how much better I feel.. He, too, is grateful [that I am able to continue my *Scolio-Pilates®* work with a local instructor]! I only wish you had someone in Minneapolis following your lead. I spend summers there and no one has a clue what *Scolio-Pilates®* is!! Thank you and God bless you.

Nancy G, Nevada



GUS T. BASSET HOUND

I can’t express how much [daughter] and I enjoyed working with you and Gus T.!!! That was brilliant bringing him with you. Thank you!

Anonymous from Survey

Scolio Pilates

Exercise for Scoliosis | A Proactive Guide



by Karena Thek | Illustrations by Alexandra Garant

CONFIDENCE AND DETERMINATION!

My 11-year-old daughter and I visited Karena from the Midwest. We went for a four day intensive and left with so much knowledge about my daughters curve. Not only did we learn great things...

Karena put together a very manageable program to continue at home. She left California with great posture, confidence, and determination!

Rebecca D, Kansas

MEASURABLE RESULTS

I was diagnosed with Scoliosis in February 2009. It is a progressive disease and has continued to get worse. I now have to use a cane or walker when I walk or stand. I tried physical therapy and acupuncture hoping to stop the pain and progression. Neither of them helped. My acupuncturist suggested I take Pilates lessons to strengthen my core. I did and that seemed to help.

My Pilates instructor [in Illinois] told me about Karena. I looked her up on the Internet and was quite impressed. I am in very good health otherwise but this scoliosis is ruining my life so I decided to visit Karena to learn how to apply her experience to my Pilates program. I live in Illinois so I flew out to California to get *Scolio-Pilates®* lessons from Karena.

I spent the first three day having one hour lessons and then, the lessons were showing so much progress, I increased them to two hour lessons the last two days. Being an engineer, I think that we really know nothing about a subject unless we can measure it. So before I left for the trip to see Karena my daughter carefully marked my height on a piece of paper taped to the wall and also I measured the time it took for me to feel a pain level of 8 while standing unsupported.



Before and After

It took 30 seconds. When I returned from the trip, I measured two inches taller and was able to stand for 1 minute and 49 seconds before I reached a pain level of 8. Now, continuing on my own with a home exercise program that Karena set up for me, I am up to almost 5 minutes.

Gene S, Illinois